
BONUS! Guys Confess: How To Flirt With Them—The Right Way!
seventeen
THE BEAUTY ISSUE!
200+
WAYS TO GET
✓Amazing HAIR!
✓Pretty MAKEUP!
✓Clear SKIN!
The Best New Stuff You Need To Try Now!
FREE Perfume
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LOVE & SEX SECRETS
What No One Tells You About Your First Time
{FLAT TUMMY TIPS THAT WORK!}
LOOK CUTE EVERY DAY!
11 FUN TRENDS THAT WILL SHAKE UP YOUR WHOLE WARDROBE
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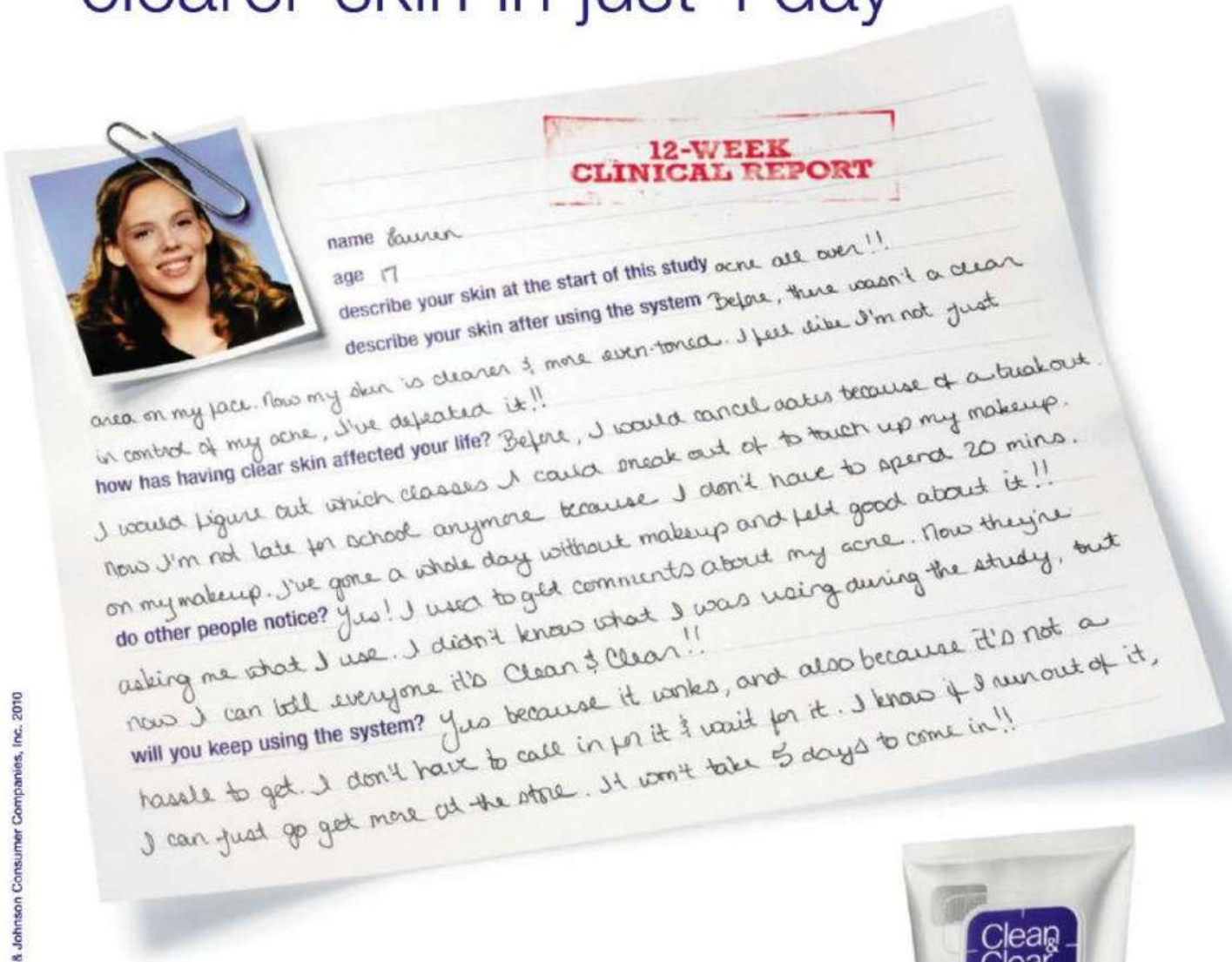
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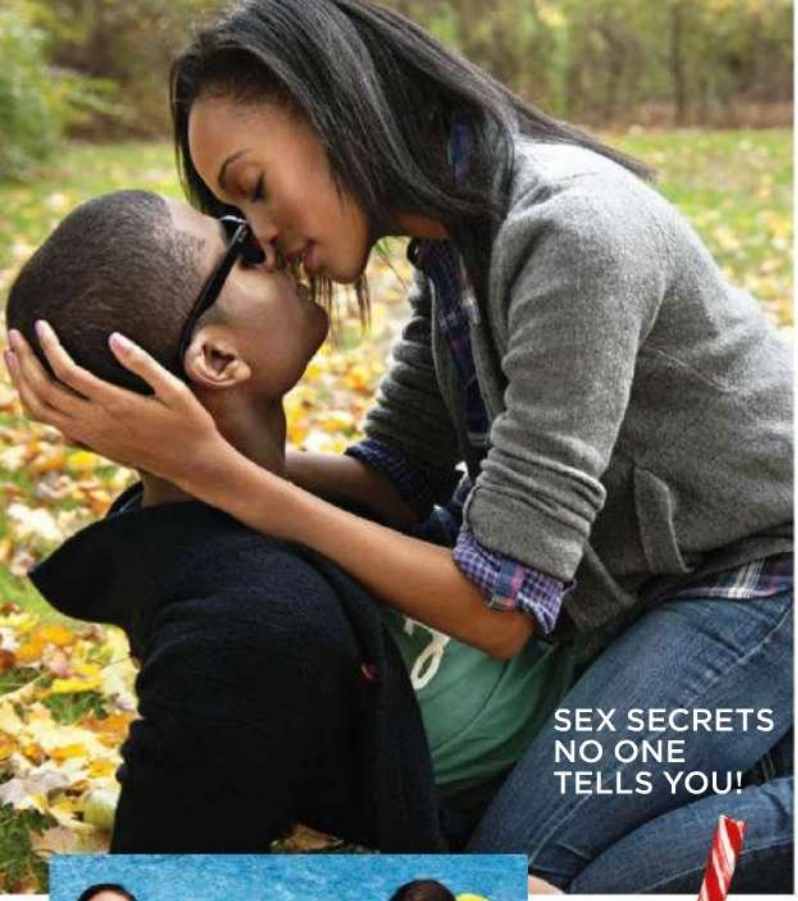
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MAIN PHOTOS: (FASHION) ANNE MENKE; (BEAUTY): OLIVIA GRAHAM. STILL LIFES: (FASHION AND GLOSS) JESUS AYALA/STUDIO D.; (SCENT) J MUCKLE/STUDIO D.





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yum!

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MAIN PHOTOS: (COUPLE) ASHLEY BARRETT (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY); (FLAT ABS) CHRIS ECKERT/STUDIO D.; (SPRING BREAK) SAYE.
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Shades shown from top: Chunky Cherry, Woppin' Watermelon, Super Strawberry. © Clinique Laboratories, LLC



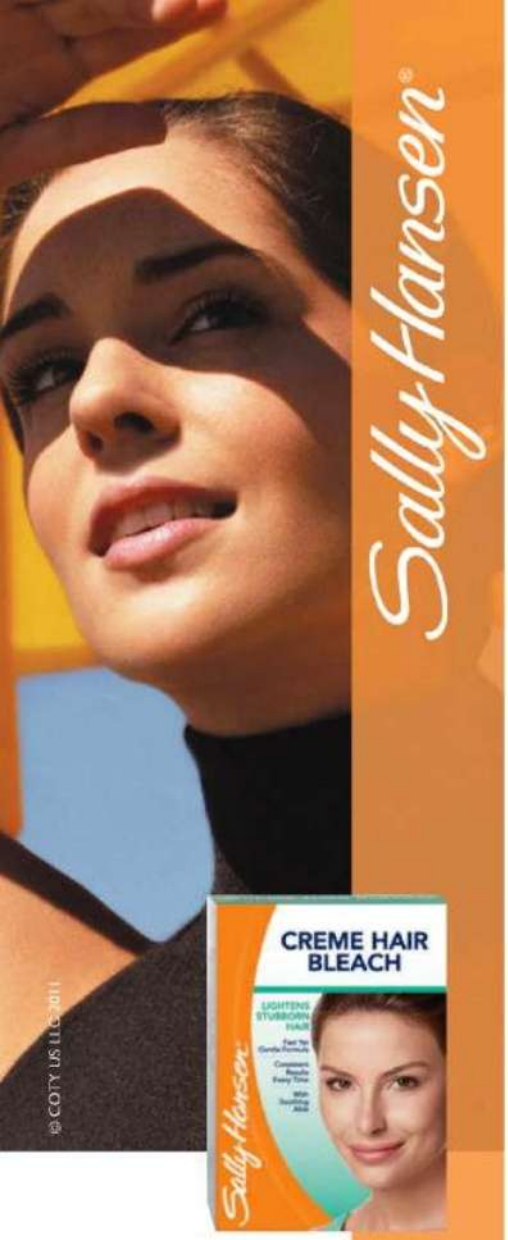
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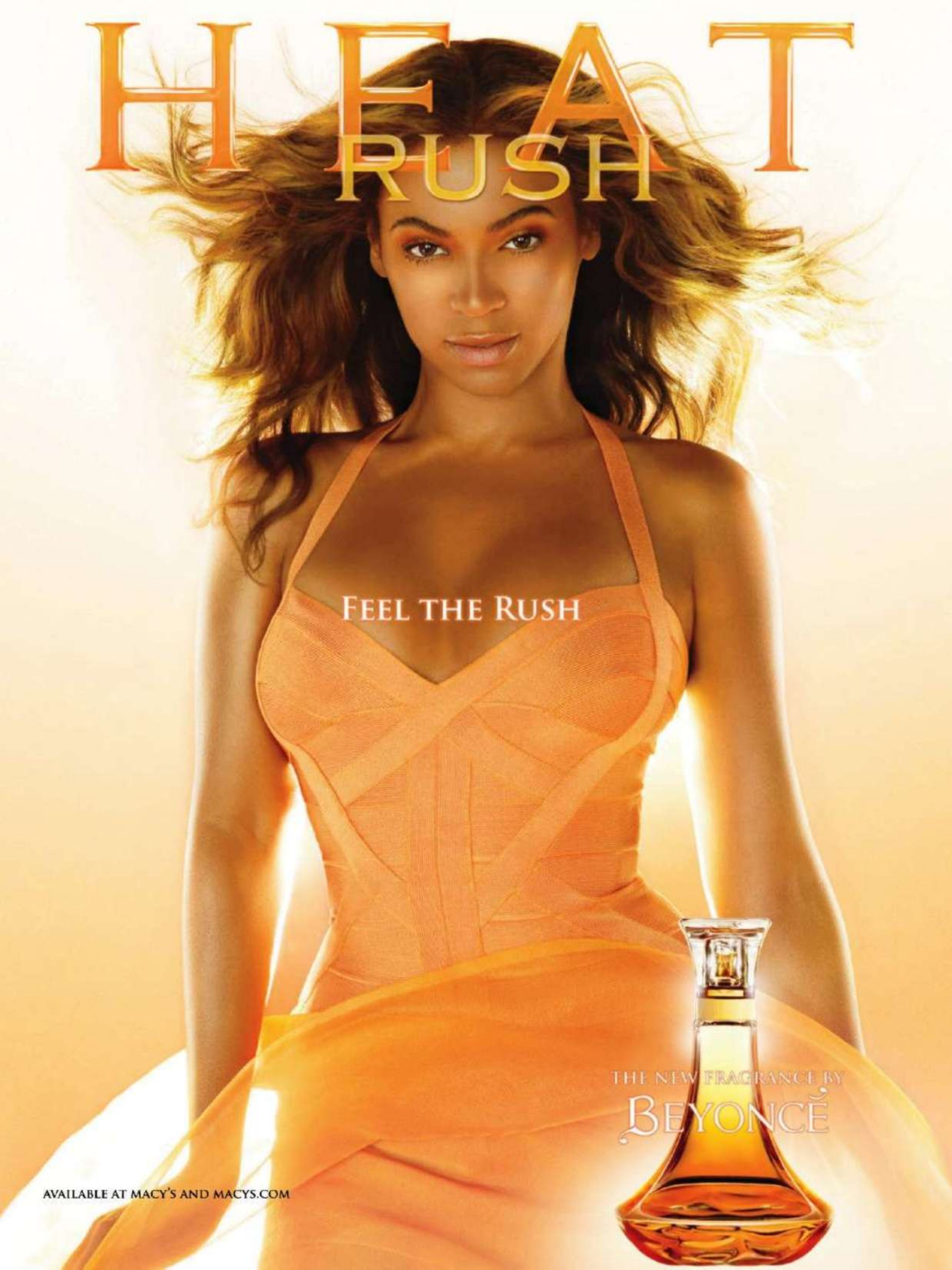
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		HP 1  V5040 Camcorder [video]	2  SW450 digital camera [snapshot]	3  Wireless TV Connect [connect]	4  PW460t digital camera [picture]	5  Digital picture frame [frame]	
BOOST MOBILE	6  Blue Sanyo Juno and 1 month of unlimited service [juno]	7  Samsung Seek and 1 month of unlimited service [seek]	8  BlackBerry Curve 8530 and 1 month of unlimited service [curve]	9  Motorola Clutch i465 and 1 month of unlimited service [clutch]	10  Motorola Rambler and 1 month of unlimited service [rambler]	11  Pink Sanyo Juno and 1 month of unlimited service [sanyo]	12  Sanyo Incognito and 1 month of unlimited service [incognito]
IHOME AUDIO	13  Rechargeable Portable Stereo System [recharge]	14  Dual Alarm Clock Radio [alarm]	15  Rechargeable Mini Speakers [mini]	16  Travel Alarm Clock for iPod [travel]	17  Portable MP3 Player Stereo Speaker [portable]	18  Color Changing Stereo System [color]	19  Camouflage Protective Speaker Case [camo]
NIKON	20  COOLPIX S80 [yellow]	21  COOLPIX S80 [blue]	22  COOLPIX S5100 [pink]	23  COOLPIX S5100 [purple]	24  COOLPIX S8100 [black]	25  COOLPIX S8100 [gold]	26  COOLPIX S8100 [red]
AT&T	27  Sony Ericsson Vivaz [talk]	28  Motorola Flipout Smartphone [chat]					

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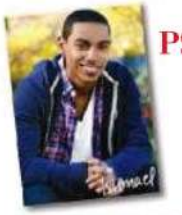
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We're pretty love-obsessed at *Seventeen* this month—it is **Valentine's Day,** after all! But it's not the chocolate-covered, candy-heart kind of **love** that's on our minds. We're talking about *real* love: that surprising, complicated, **emotional,** heart-racing (and sometimes heart-wrenching) kind of love. First we asked **real guys** to tell us *everything* they want us to know about flirting, dating, and hooking up, starting on page 58. (My favorite was Kurtis, 17, who confessed that he hugs a teddy bear that his GF gave him every night—talk about honesty!) Then we asked **readers** to share some of their most **personal** love and sex moments (page 94). The girls were totally candid about the stuff they wished someone had told them—that *no one* ever did! But that's the whole mission of *Seventeen*—to create a place where girls help each other get through the **trickiest** bits of growing up and make you feel **safe** enough to open your heart and share your story. I'm impressed and in awe of all of you. So I'm sending you all *my* love this V-Day! Want to tell me your real love story? I'm all yours at **ann@seventeen.com**!



PS: Don't have a Valentine to call your own this year? Check out our new **Hot Guy Panel**! Pick your favorite on page 60, and then head over to **seventeen.com/hotguypanel** to chat with him!

XOXO
-A.

real girls, real love

Who do you love this Valentine's Day?



my BFFs

No matter what I'm going through, my BFFs for life, Topher and Jannett, always have my back. I heart them!
–maria (middle), 19, burlington, nc

my mom

My mom and I have a special ritual where we get mani-pedis together before every big event, and sometimes we'll get the same color on our toes—but only we know!
–becky, 20, great neck, ny





my sorority

I have so much crazy fun with my Phi Mu sorority sisters! For my birthday this year, they got every girl together to sing me happy birthday. It was totally out of tune—and totally sweet.
–mary, 19, ridgewood, mo

my BF

I love my BF because he tells me he how smart I am, even when I turn into an insecure stress monster during exams. He's my secret to success!
–michelle, 21, long beach, ny



Hey! Have you checked out Seventeen on the iPad yet?!?

There's so much more to love!

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SEVENTEEN.COM Go behind the scenes of Leighton's cover shoot at seventeen.com/leighton

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Katy K., Age 17 (before and after)*



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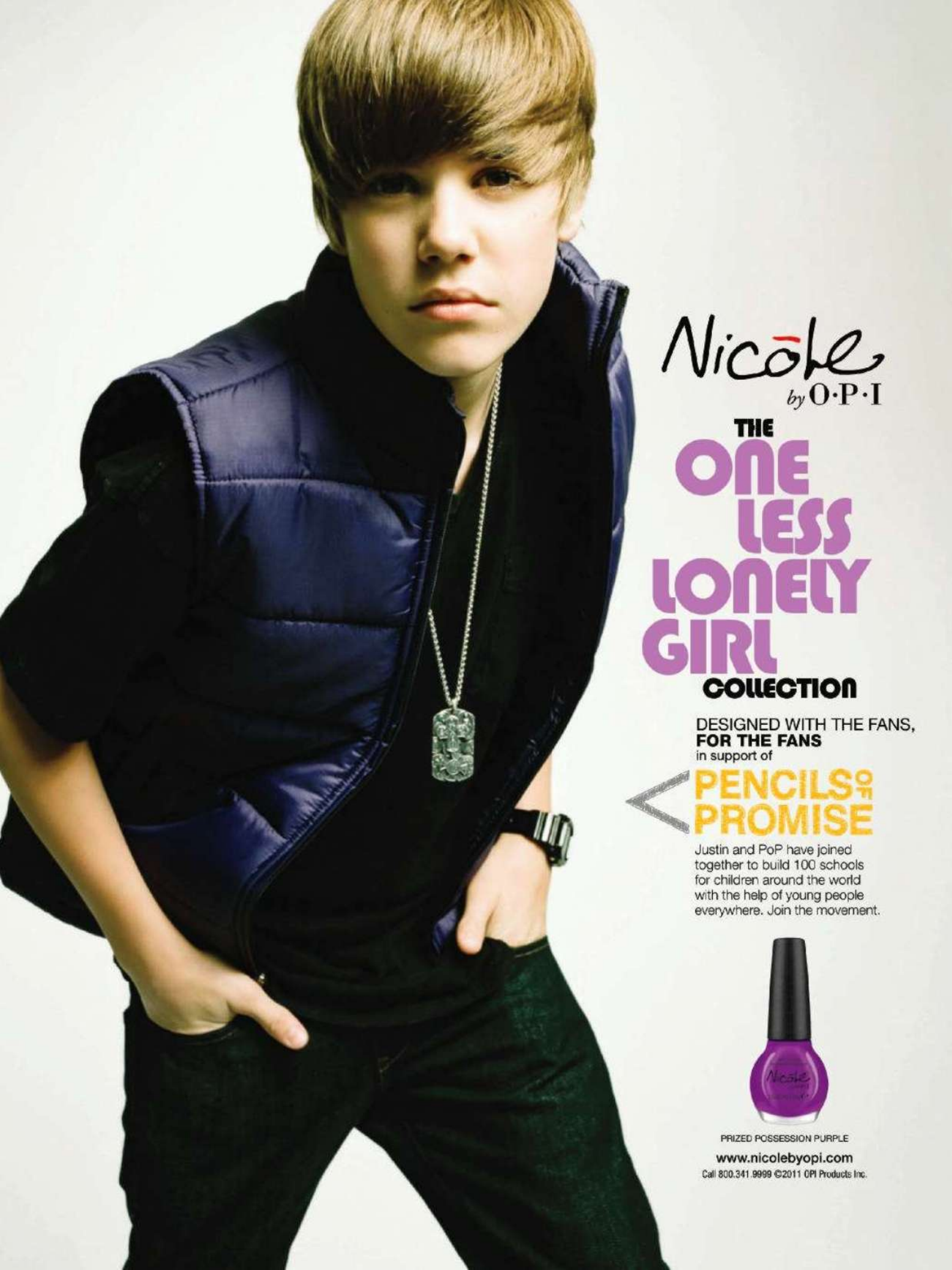
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what you think!

We hear you! Here are the e-mails about the November issue that got *us* talking.



PIMPLE PEACE

I'm always **struggling** to find a way to cover up my acne, so Coco Rocha's quote in "Make Body Peace Now!" really hit me hard. She said, "When I go home, it's just me with no makeup, **pimples,** and a pair of baggy pants." I always thought **models** never broke out—and that's what made them so much prettier than everyone else! I can't tell you how much more **normal** I feel now. You can still be a famous model with an "**imperfect**" face!

–ALAINA, 16, COLORADO COUNTY, TX

krazy 4 ke$ha

"Seeing a totally wild celeb on the cover of *Seventeen* was the highlight of my week! I look up to Ke$ha because she's not like most pop stars—she does things that no one else has the guts to do (hello, blue lipstick). She reminds me to say true to myself, because it's cool to be strong and a little crazy. Ke$ha is the epitome of kick-ass!"

–leandra, 16, moorpark, ca

SWEET SCOOP



Seventeen, you have officially inspired my newfound **addiction** to mini ice-cream sandwiches after reading "Super-Charge Your Snacks!" They're definitely a **great** and **delicious** idea, but a word to the wise: Just because they're small isn't an excuse to eat **twice** as many while you study for exams! I speak from **experience**—After I ate four in an hour, I went from "Mmm!" to "Ugh!"

–TALIA, 19, CHERRY HILL, NJ





SHADY FRIENDS

"My BFF Stole My Boyfriend!" in the "Girl Fights!" story made me really **analyze** my own relationships with my friends. Sometimes girls I know will **flirt** with my **boyfriend** in front of me, and I always just try to pretend like I don't notice or **care.** I realize now that true friends don't go after your boyfriend. Trust is the basis to any friendship, and I'm still **learning** who I can trust. I'm just thankful I **learned** this lesson now, rather than later. Thanks!

–WAFIYYAH, 19, BRONX, NY

MONEY MATTERS

"Boys & Money!" is the story of my life! I always either **spot** my guy a few dollars or **pay** for his things, and I feel awful asking for the money back. On top of that, I feel bad when **guys** pay for *me.* It'll take some practice, but I'm going to have to **start** saying, "Let's split the check!" It's so much less awkward than asking **someone** to pay you back later. Thanks for the nudge!

–NIDIA, 21, MIAMI, FL

SEVENTEEN.COM See your letter in *Seventeen*! Tell us what you think about this issue at seventeen.com/mail.

KE$HA: ROBERT ERDMANN. STILL LIFE: J MUCKLE/STUDIO D.

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fashion

1 ultra-bright windbreaker

This season, your basic spring jacket gets a girly update in a super-strong color and cinched shape.

jacket
Sizes XS–XL, DKNY Jeans, $79, dknyjeans.com.
shirt
Sizes S–L, Superdry, $82, superdrystore.com.
shorts
Sizes XS–XL, Material Girl, $22, Macy's.
necklace
A.V. Max, $95, avmaxaccessories.com.
shoes
Sizes 6–10, Chinese Laundry, $119, chineselaundry.com.



brittanie, 17

11 HOT TRENDS FOR 2011

SPRING TREND SNEAK PEEK

This year, be the girl who sets the trends! Here's your preview of the hottest new stuff of the season—you can be the first to snag it all!

REAL GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: RYAN TANIGUCHI FOR TRESEMMÉ AT KATE RYAN INC. MAKEUP: THORA AT KATE RYAN INC., FOR DIOR BEAUTY. ON BRITTANIE: BRACELET: LULU'S; WATCH: TOMMY HILFIGER. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

www.downmagaz.com

2 turquoise rings

These chunky rings have a found-this-in-my-mom's-drawer feel.

rhinestone
Badgley Mischka, $95, call 212-398-7363 to order

bright
Lulu's, $12, lulus.com

starburst
Lulu's, $12, lulus.com

retro
Urbanog, $12, urbanog.com

silver
Charlotte Russe $6, charlotte russe.com

3 graphic sweatshirt

Basic fleece gets a fashion-y update this spring. Pick one in a modern boxy cut and wear it with sky-high heels for a cool eclectic look!

magdalena, 19



sweatshirt
Sizes S–XL, Billabong, $56, billabong.com.
skirt
Sizes S–L, Gracia, $63, shopgracia.com.
socks
Hue, $6, hue.com.
shoes
Sizes 6–10, H&M, $50, H&M stores.

4 bold florals

Flowers don't have to be all pale and sweet—these big buds are more fun!



dress
Size S–L, Lulu's, $79, lulus.com



SEVENTEEN.COM Ask our editors how to work these trends with *your* style at seventeen.com/getadvice

ON MAGDALENA: CHAIN BRACELET, JESSICA SIMPSON COLLECTION; CHARM BRACELET, ALEX & CHLOE; BANGLE, SEQUIN; TIGHTS, HUE. SWIFT: BARCROFT/FAME PICTURES. RUNWAY PHOTO: RANDY BROOKE/WIREIMAGE.

5 feather earrings

They're a little bit boho and a little bit glam—perfect for taking your basics, like jeans and a tee, up a notch!



earrings
Urbanog, $7, urbanog.com



earrings
AMI Clubwear, $10, amiclubwear.com



earrings
Lulu's, $11, lulus.com



earrings
All the Rage, $11, alltherageonline.com



earrings
Lulu's, $10, lulus.com

6 contrasting colors

Mix clashy solids to grab major attention!





Diane von Furstenberg



Rihanna

top
Sizes XS–XXL, Old Navy, $25, oldnavy.com.
jeans
Sizes 25–32, Buffalo David Bitton, $89, buffalojeans.com.

7 girly utility top

A classic work shirt gets sweeter in a new spring shade!



shirt
Sizes S–XL, Roxy, $45, roxy.com.
jeans
Sizes 1–19, Mossimo for Target, $20, target.com.
earrings
Lulu's, $13, lulus.com.

8 ikat shoes

Channel your inner flower child! This soft '60s-inspired print is perfect on natural-weave espadrilles.

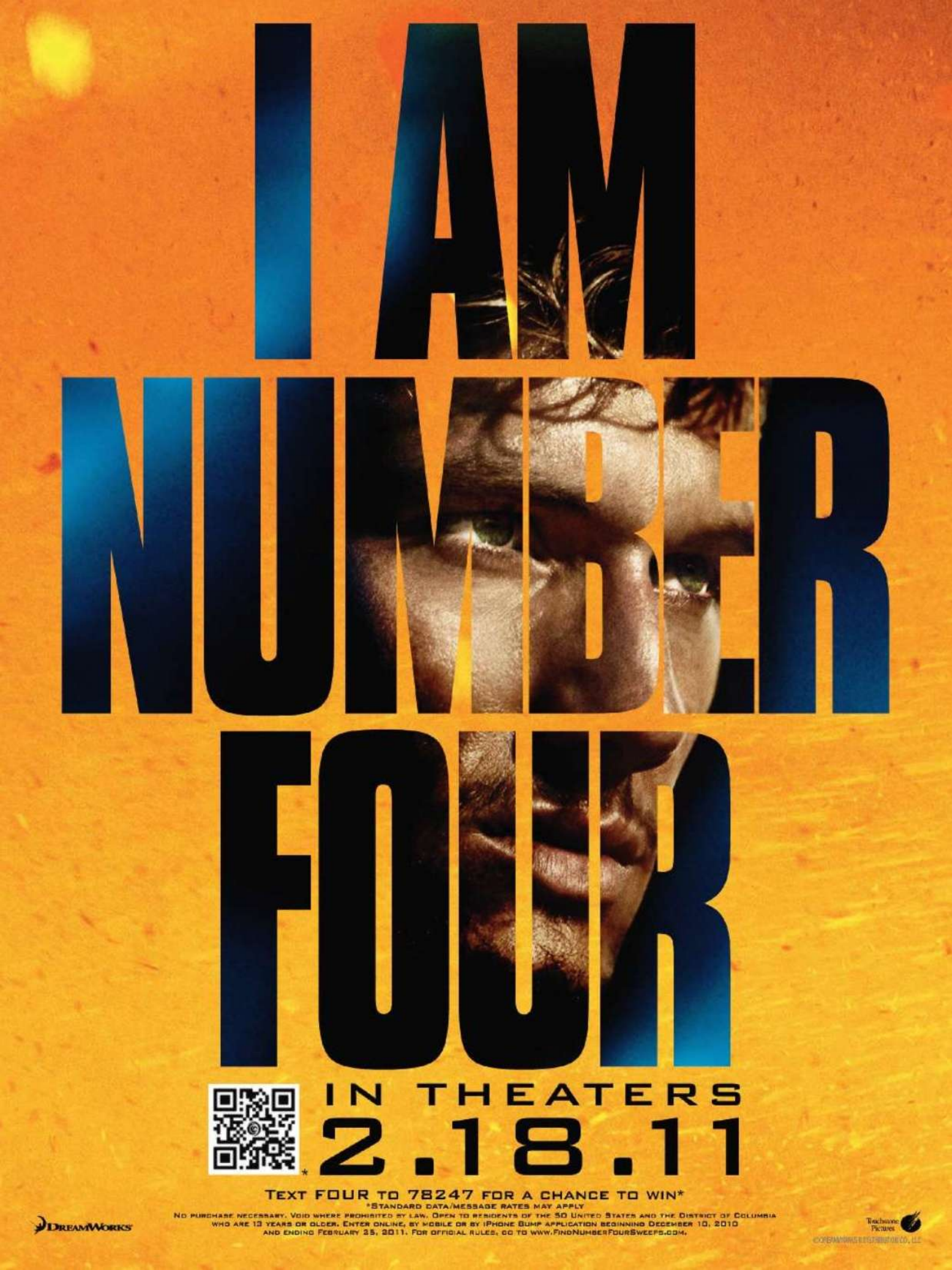


shoes
Sizes 6–10, Lucky Brand, $79, luckybrand.com

shoes
Sizes 5–12, Nine West, $99, ninewest.com

ON MAGDALENA: WOOD BANGLE, SAY WHAT; BLUE BANGLES, INDUSTRY; GOLD AND SILVER BANGLES, CLAIRE'S; BRAID BRACELET, LUCKY BRAND; BELT, DIANA MONTENEGRO. ADDITIONAL CREDIT, "CONTRASTING COLORS" OUTFIT: BELT, STREETS AHEAD. RIHANNA: OPTIC PHOTOS. RUNWAY PHOTO: FRAZER HARRISON/GETTY IMAGES FOR IMG.

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DREAMWORKS
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9 white cargos

These crisp, clean cargos freshen up everything in your closet!



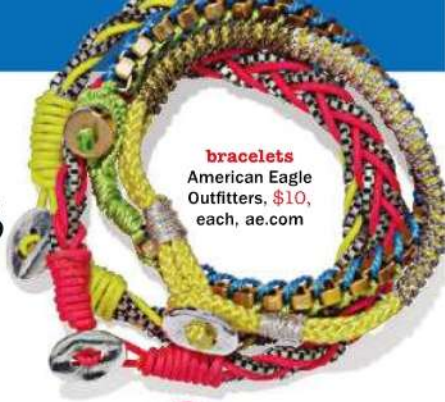
cargos
Sizes 24–30, Mavi, $88, mavi.com.
jacket
Sizes XS–L, Guess, $108, guess.com.
top
Sizes XS–XL, DKNY Jeans, $34, dknyjeans.com.
belt
Lulu's, $11, lulus.com.
boots
Sizes 5–12, Boutique 9, $200, select Bloomingdale's.

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10 neon bracelets

A stack of these amped up friendship bracelets feels playful and glam at the same time!



bracelets
American Eagle Outfitters, $10, each, ae.com



bracelets
Ettika, $50 each, ettika.com



bracelets
Stephan & Co., $6 each, alltherage.com

11 denim shorts

They're ultra-short but still low-key—especially with something slouchy and soft on top.

Balmain





shorts
Sizes 00–18, American Eagle Outfitters, $37, ae.com

Miley Cyrus





shorts
Sizes 24–31, Blank NYC, $78, shopbop.com



shorts
Sizes 24–32, Mavi, $68, mavi.com

ON BRITANNIE: NECKLACE: AMI CLUBWEAR; CUFF, LULU'S. CYRUS: BB/X17ONLINE.COM. RUNWAY PHOTO: MARIA VALENTINO.

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VERA WANG
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big prints, little price!

Make a bold style statement on a budget—grab one of these hot-for-spring patterns.

$20 & under

top
Sizes S–XXL, South Pole, $13, Sears

$13



skirt
Sizes S–L, AMI Clubwear, $19, amiclubwear.com

$19





STRIPES

Walk the line between fun and sophisticated—just one striped piece can give your look graphic pop.

top
Sizes XS–XL, Susie Rose, $12, Walmart stores

$12



shalyn, 18

$20

top
Sizes XS–L, Forever 21, $20, select Forever 21 stores

flip-flops
Sizes 6–10, Roxy, $18, roxy.com

$18



tank
Sizes XS–XXL, So, $12, kohls.com

$12



fanny pack
Roxy, $20, roxy.com

$20

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. HAIR: (SHALYN) RYAN TANIGUCHI FOR TRESEMMÉ AT KATE RYAN INC.; (COURTNEY AND KIKI) DENNIS POLANCO FOR CHRIS CHASE SALON/CONTACTNYC. MAKEUP: THORA AT KATE RYAN INC., FOR DIOR BEAUTY. MANICURE: (COURTNEY AND KIKI) TATYANA MOLOT FOR ARTISTSBYTIMOTHYPRIANO.COM. ON SHALYN: SKIRT, AMI CLUBWEAR; EARRINGS, LULU'S; NECKLACE, SEQUIN; BRACELET, CLAIRE'S; TIGHTS, HUE. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

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courtney, 17

POLKA DOTS

Go ahead and double up on dots (just make sure to stay in the same color family).

skirt
Sizes S–L, AMI Clubwear, $17, amiclubwear.com
$17





$20
shirt
Sizes S–XL, Fleurish, $20, select Nordstrom



$14
shirt
Sizes XS–L, Forever 21, $14, select Forever 21 stores

scarf
Old Navy, $13, oldnavy.com
$13



bracelet
Make Me Chic, $4, makemechic.com
$4



tunic
Sizes XS–XL, Eyeshadow, $18, Marshalls
$18



wristlet
LeSportsac, $18, LeSportsac boutiques
$18





$10
headband
AMI Clubwear, $10, amiclubwear.com

ON COURTNEY: JEANS, BLEU STONE; SCARF, AMI CLUBWEAR; BAG, YVETTE FRY; BRACELET, LUCKY BRAND; BOOTS, VICTORIA'S SECRET.

SEVENTEEN.COM Love mixing patterns? Show off your skills by entering a style war at seventeen.com/stylewar



$20
shirt
Sizes XS–XL, Aéropostale, $20, select Aéropostale stores

$16
cardigan
Urbanog, $16, urbanog.com

scarf
Old Navy, $13, oldnavy.com

$13

shirt
Sizes XS–XL, Aéropostale $20, Aéreopostale stores

$20

$15
dress
Sizes XS–L, Forever 21, $15, select Forever 21 stores

$12
ring
Mixit by JCPenney, $12, JCPenney and jcp.com

FLORALS

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handbag
AMI Clubwear, $20, amiclubwear.com

$20

$20
shoes
Sizes 6–10, Forever 21, $20, select Forever 21 stores

ON KIKI: TEE, AEROPOSTALE; SHORTS, SOUTHPOLE; SCARF, TOPSHOP; NECKLACE, LULU'S; CUFF, LUCKY BRAND; SOCKS AND TIGHTS, BOTH HUE; BOOTS, SKECHERS

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shake up your winter

FLORAL BUSTIER



bustier
Sizes S–L, Lucca Couture, $57, luccacouture.com

GIRLY



top
Sizes XS–XL, Aéropostale, $30, aéropostale.com.
jeans
Sizes 25–32, Levi's, $70, levi.com.
pearls
Forever 21, $7, forever21.com.
flats
Sizes 5½–10, UnRestricted, $45, modcloth.com.

COZY



sweater
Sizes S–XL, St. John's Bay, $22, JCPenney.
cargos
Sizes 0–14, Unionbay, $40, Kohl's.
necklace
R.J. Graziano, $65, call 212-685-1248 to order.
bag
Kensie Girl, $54, amazon.com.
booties
Sizes 5½–11, Make Me Chic, $28, makemechic.com.

FUNKY



jeans
Sizes XS–XL, Aéropostale, $40, aéropostale.com.
hat
Obey Clothing, $33, shop.obeyclothing.com.
scarf
H&M, $13, H&M stores.
belt
Charlotte Russe, $9, charlotterusse.com.
heels
Sizes 5–11, Colin Stuart, $88, victoriassecret.com.

SWEETHEART DRESS



dress
Sizes XS–XL, Fox, $42, fox-girls.com

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SWEET



sweatshirt
Sizes S–L, Lulu's, $32, lulus.com.
hat
Neff Headwear, $22, neffheadwear.com.
bag
Forever 21, $20, forever21.com.
flats
Sizes 5½–11, Dollhouse Footwear, $26, dollhouse.com.

INDIE



hoodie
Sizes XXS–XXL, American Eagle Outfitters, $40, ae.com.
leggings
Sizes XS–L, Hard Tail, $97, hardtailforever.com.
necklace
Lulu's, $13, lulus.com.
sneakers
Sizes 5–11, Keds, $40, Bloomingdale's.

BOHO



button-down
Sizes S–L, Billabong, $40, billabong.com.
necklace
Sequin, $128, call 212-398-7363 to order.
belt
Charlotte Russe, $10, charlotterusse.com.
boots
Sizes 5–11, Skechers, $109, famousfootwear.com.

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

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wardrobe!

Turn up the heat on your look! Mix these four cute new pieces in with your cold weather clothes to create *tons* of outfits.

PINK JEANS



jeans
Sizes XS–XL, Buffalo David Bittton, $99, Macy's

CLASSIC



sweater
Sizes S–XL, Route 66, $33, kmart.com.
scarf
Topshop, $32, topshop.com.
bag
Jessica Simpson, $58, jessicasimpsoncollection.com.
booties
Sizes 6–10, Angeles, $52, lulus.com.

POLISHED



jacket
Sizes S–L, AMI Clubwear, $31, amiclubwear.com.
shirt
Sizes S–L, Crooked Monkey, $24, crookedmonkey.com.
necklace
Urbanog, $12, urbanog.com.
oxfords
Sizes 6–10, MIA, $69, miashoes.com.

LUXE



jacket
Sizes S–L, Billabong, $80, billabong.com.
sweatshirt
Sizes XS–XL, Aéropostale, $50, aéropostale.com.
belt
Hyde, $65, 800-669-8218.
flats
Sizes 5½–11, Bamboo, $15, urbanog.com.

TRIBAL SKIRT



skirt
Sizes XS–XL, O'Neill, $30, shoponeillusa.com

COMFY



jacket
Sizes XS–XL, Buffalo David Bitton, $100, buffalojeans.com.
tank
Sizes S–XL, A.n.a, $26, JCPenney.
scarf
Roxy, $28, roxy.com.
socks
Pink Cookie, $5, Sears.
boots
Sizes 5½–10, Restricted Footwear, $95, kohls.com.

EDGY



top
Sizes S–L, R.P.S. Addict, $58, rpsaddict.com.
necklace
Freedom at Topshop, $60, topshop.com.
belt
Make Me Chic, $8, makemechic.com.
bag
Jessica Simpson Collection $98, ebags.com.
tights
Hue, $13, hue.com.
shoes
Sizes 6–12, Libby Edelman, $69, hsn.com.

SPORTY



sweatshirt
Sizes 25–32, American Eagle Outfitters, $30, ae.com.
hat
Neff Headwear, $24, neffheadwear.com.
sneakers
Sizes 4–12, Nike, $105, nike.com.

SEVENTEEN.COM Take tons of fun fashion quizzes at seventeen.com/quizzes

♥HerStyle

You know that creative girl who always pushes the envelope? Meet Bebe, our new style crush! She's spilling her secrets so you can be fashion-fearless too.



name: Bebe
age: 17
city: Las Vegas, NV
where you'll find her: ftbh.blogspot.com
stores she ❤s: Urban Outfitters, Buffalo Exchange
designers she ❤s: Jeremy Scott, Alexander McQueen, Ralph Lauren
style icons she ❤s: Mary-Kate Olsen, Robert Smith

WEAR YOUR SPLURGE YEAR-ROUND

"I splurged on this Rebecca Minkoff bag that I take *everywhere*. But I tie scarves to it to make it feel new and different every day."

bag
Rebecca Minkoff, $330, rebeccaminkoff.com



BE BOLD WITH SHOES

"I love anything Jeffrey Campbell—especially the platforms. They show my quirky, fun personality!"

shoes
Sizes 6–10, Jeffrey Campbell, $134, lulus.com





This outfit was inspired by a trip to The Attic!



SHOP VINTAGE

"I love this vintage store in my town, The Attic. It's like a fashion museum! But the stuff is a little expensive, so I find ideas there, then go to a store like Savers to dig through everything and find something similar."



Twiggy is her beauty icon—she even has a pic of her on her nightstand!





ADD A SCARF

"My go-to look is a blazer with a scarf. It's expressive, easy, and universally classy."

blazer
Sizes S–L, Living Doll, $29, select Dillard's.
scarf Topshop, $32, topshop.com.

COMPLETE YOUR LOOK WITH MAKEUP

"I make my eyes my focal point. I draw bottom lashes on with liner, then use tons of Great Lash mascara. I go through a tube a month!"

mascara
Maybelline New York Great Lash Mascara in Blackest Black, $8, drugstores



TRY HATS

"Hats are my favorite—I can build an entire outfit around one. Ease into wearing them with one that's timeless like a beret."

beret
Laila Rowe, $16, lailarowe.com

SEVENTEEN.COM Check out Bebe's favorite fashion bloggers at seventeen.com/hearthestyle

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. TWIGGY: MICHAEL OCHS ARCHIVES/GETTY IMAGES. ALL OTHER PHOTOS: COURTESY OF BEBE.

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MEAN GIRLS 2



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runway, the DIY way!

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ROPE NECKLACE



INSPIRATION

WHAT YOU NEED:



HOW-TO:



1 **FOLD** the rope in half and tie a knot an inch away from the looped end. (You'll use this later to close the necklace.) Tie another knot four inches down.

2 **SLIDE** on two rings, then tie the next knot an inch down, and add two more rings. Repeat twice more, then make a final knot, for a total of five knots.

3 **THREAD** the loose end of the rope through the loop on the other end and tie a knot. The knot and loop will be your necklace's clasp!

LACE EARRINGS



INSPIRATION

WHAT YOU NEED:



HOW-TO:



1 **CUT** a pretty shape out of a piece of lace trim. Then use that shape as a template for a second piece, so they'll match!

2 **PAINT** a few random sections of lace near the edges with gold nail polish, and repeat on the second piece.

3 **ATTACH** the earring by poking the post through an opening at the top of the lace. Then it's ready to wear!

MAIN PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: DENNIS POLANCO FOR CHRIS CHASE SALON/CONTACTNYC. MAKEUP: THORA AT KATE RYAN INC., FOR DIOR BEAUTY. MANICURE: TATYANA MOLOT FOR ARTISTSBYTIMOTHYPRIANO.COM. ON KELSEY: TOP, GRACIA. ON NJIERI: TOP, SEE THRU SOUL. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. RUNWAY: (MILLY) FRAZER HARRISON/GETTY IMAGES ENTERTAINMENT; (DOLCE & GABBANA) CHRIS MOORE/GETTY IMAGES.

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look cute at college!

Campus life comes with a whole new set of fashion challenges. Ace them all with these easy outfit ideas!

CLASS
Roll out of bed and race to a lecture without looking like you did!

STYLE TIP: Top your favorite skinnies with layers—you can peel them off if class is too warm or pile them on in the chilly library.

jacket Sizes XS–XXL, American Eagle Outfitters, $70, ae.com. **henley** Sizes XS–XL, DKNY Jeans, $59, Macy's. **tank** One size, Michael Stars, $38, michaelstars.com. **bag** Roxy, $52, roxy.com. **shoes** Sizes 5–10½, Vans x Stussy Bailie, $65, vans.com.

PARTY
In a packed frat house, you want to stand out in the crowd.

francesca, 19

STYLE TIP: Get noticed at college parties by showing off your personality. Pair a sexy minidress with funky tights and a zip-up vest!

vest Sizes S–L, Piko 1988, $44, urbanog.com. **dress** Sizes S–L, Lulu's, $38, lulus.com. **bag** Nina, $50, ninashoes.com. **heels** Sizes 6–10, Boutique 9, $225, call 773-384-6750 to order.

INTERVIEW
Looking polished and professional doesn't have to be boring!

STYLE TIP: A classic pencil skirt and a ruffled blouse look conservative, but make it cooler with fun gold accessories and an interesting bag.

top Sizes 2–12, H&M, $40, H&M stores. **skirt** Sizes 0–13, Grass, $44, Macy's. **bag** Olivia + Joy, $88, select Macy's. **heels** Sizes 6–10, Bakers, $80, bakersshoes.com.

SEVENTEEN.COM Check out the hottest campus trends at seventeen.com/freshman15

REAL GIRL PHOTOS: SARRA FLEUR ABOU EL HAJ/STUDIO D. HAIR: DENNIS POLANCO FOR CHRIS CHASE SALON/CONTACTNYC. MAKEUP: ERICA WHELAN FOR NARS COSMETICS. ON FRANCESCA: (CLASS) NECKLACE, LAURA ELIZABETH; BRACELETS AND RING, AÉROPOSTALE; (PARTY) EARRINGS, GIRLY; METAL BRACELET, FOREVER 21; LEATHER BRACELET, URBANOG; RING, LULU'S; TIGHTS, LAILA ROWE; (INTERVIEW) NECKLACES, STYLIST'S OWN; BANGLES, ROSENA; WATCH, NIXON; BELT, STREETS AHEAD.

date outfits he'll love

Look great on *any* date (without making him wait!). Take a few fashion cues from Hollywood's hottest girlfriends.



SCOTT SPEER & ASHLEY TISDALE

a shopping day

A **flowy skirt** and a **loose cami** look subtly romantic but also feel comfy on a casual Saturday.



JENNA USHKOWITZ & KEVIN McHALE

a family party

Your guy already hearts you—now go for a style that will win his family over. A **polished dress** with **classic heels** says you're sweet—and that you made an effort!



ASHLEY GREENE & JOE JONAS

a late movie

Amp up your **skinnies** with **stilettos** and a **sleek tank** for an understated flirty feel.



LILY COLLINS & TAYLOR LAUTNER

a dressy event

You can still show off your personality when you're dressing up for a dance or a wedding! Pair a **chic short dress** with **trendy shoes.** It's fancy *without* being boring.



ZAC EFRON & VANESSA HUDGENS

a romantic dinner

Work your **floral mini** with a **tough bomber** for an effortlessly cool look.

SEVENTEEN.COM Who are the cutest celeb couples out there? Vote at seventeen.com/couples

TISDALE AND SPEER: WIREIMAGE. USHKOWITZ AND McHALE: FRANK MICELOTTA/GETTY IMAGES. EFRON AND HUDGENS: JORDAN STRAUSS/WIREIMAGE. COLLINS AND LAUTNER: WIREIMAGE. GREENE AND JONAS: JCALDERON/SPLASH NEWS.

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GAME OVER

MOTHER NATURE

Outsmart Mother Nature

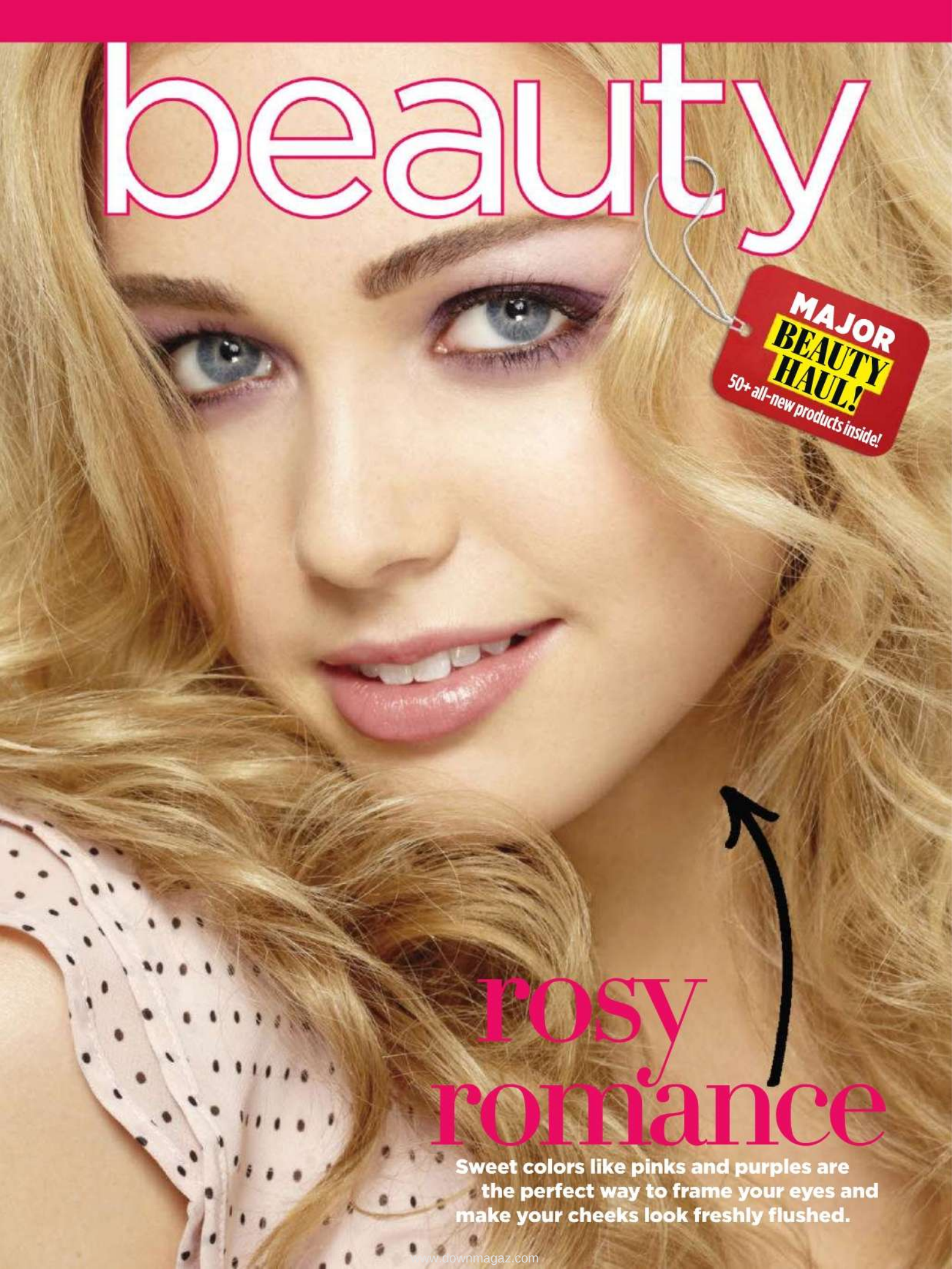
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SHOP FOR A NEW LOOK!

This spring, there's something pretty in store for you. Use these brand-new products to create a fresh makeup look! BY meredith gray

SHINY LIPSTICK

HOW-TO: Apply a sheer lipstick with a glossy finish to give your lips a light kiss of color.

VIOLET SHADOW

HOW-TO: Create a cool ombré effect on your lids by lining them with the darkest shade of purple, adding the medium one along your crease, then blending the lightest up to your browbones.

Shopping List:

- ✓ **VIOLET SHADOW**
 try: L'Oréal Paris The One Sweep Eye Shadow in Playful Eyes, $10, drugstores
- ✓ **PINK BLUSH**
 try: Physicians Formula Happy Booster Glow & Mood Boosting Blush in Natural, $12, drugstores
- ✓ **SHINY LIPSTICK**
 try: Milani HD Advanced Lip Color in Romantic Rose, $8, CVS stores
- ✓ **THICKENING MASCARA**
 try: Mally Beauty Ginormous Mascara in Black, $30 for two, qvc.com

PINK BLUSH

HOW-TO: Sweet pink cheeks give you a just-kissed glow! Swirl this soft shade on apples and blend it out toward your temples.

THICKENING MASCARA

HOW-TO: This thickening mascara funnels more product onto the wand so you get an extra-voluminous coat as you apply. Wiggle it from the base to tips twice on top lashlines and once on bottom.

MAIN PHOTOS: OLIVIA GRAHAM; FASHION STYLIST: ANNABET DUVALL; HAIR: STACI CHILD AT DEFACTO FOR CUTLER NYC/REDKEN; MAKEUP: RENEE GARMES FOR LANCOME AT ARTISTS BY NEXT; MANICURE: DEANA BLACKWELL AT ARTISTS BY NEXT; ON MODEL: TOP, FOREVER 21; STILL LIFES: J MUCKLE/STUDIO D.



EMERALD SHADOW

HOW-TO: Sweep the shadow around your eyes in an exaggerated almond shape for a smoldering effect.



JET BLACK LINER

HOW-TO: Add even more intensity by lining inner rims with a precise black pencil.

ultra glamazon

This season's sparkly products give you major drama for a big night out—try glimmering green eyes paired with shimmery lips.

Shopping List:

✓ EMERALD SHADOW

try: Chanel Quadra Eye Shadow in Regard Perlé, $56, department stores



17 FYI
Save the deep green for a night out and use the pink and gold shades in this palette for a softer look for day.

✓ JET BLACK LINER



try: Revlon Luxurious Color Smoky Crayon in Black Smoke, $10, drugstores

✓ NUDE BLUSH



try: Maybelline New York Fit Me! Blush in Light Mauve, $6, drugstores

✓ GLITTERY GLOSS



try: Rimmel London Moisture Renew Lipgloss in Pink Protect, $7, drugstores

NUDE BLUSH

HOW-TO: Keep your cheeks natural and glowing with a neutral blush that's just a shade pinker than your skin tone.

GLITTERY GLOSS

HOW-TO: Choose a pink gloss with silver flecks to mirror (and intensify) the sparkle in your shadow.

ON MODEL: EARRINGS, M. HASKELL

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2,000 COLLEGES. 8 MILLION ROOMMATES.
WHICH ONE WILL YOU GET?
LEIGHTON MEESTER MINKA KELLY CAM GIGANDET
THE ROOMMATE
SCREEN GEMS PRESENTS A VERTIGO ENTERTAINMENT PRODUCTION "THE ROOMMATE" ALY MICHALKA DANNEEL HARRIS FRANCES FISHER AND BILLY ZANE
MUSIC SUPERVISION BY MICHAEL FRIEDMAN MUSIC BY JOHN FRIZZELL EXECUTIVE PRODUCERS BEAU MARKS SONNY MALHI PRODUCED BY DOUG DAVISON AND ROY LEE WRITTEN BY SONNY MALHI
THIS FILM IS NOT YET RATED
FOR FUTURE INFO GO TO FILMRATINGS.COM
TheRoommate-Movie.com
DIRECTED BY CHRISTIAN E. CHRISTIANSEN
SONY
make.believe
IN THEATERS COMING SOON

earthy luxe

Blend rich golds, warm browns, and reflective powders to give winter skin a sunny radiance.

ALLOVER HIGHLIGHTER

HOW-TO: Dust a light-reflecting powder all over to make skin look lit from within. Bonus: It contains oil-absorbing clay, so you stay dewy, not greasy!

MATTE LIPSTICK

HOW-TO: Matte shades are like a magnifying glass for dry lips, so make sure to exfoliate, then dab on a balm before applying a peach-colored lipstick.

Shopping List:

- ✓ **ALLOVER HIGHLIGHTER**
 try: Tarte Provocateur Amazonian Clay Shimmering Powder in Champagne, $30, Sephora stores
- ✓ **MATTE LIPSTICK**
 try: E.l.f. Matte Lip Color in Coral, $3, eyeslipsface.com
- ✓ **GOLD SHADOW**
 try: Milani Baked Eyeshadow in Drench in Gold, $8, CVS stores
- ✓ **CHOCOLATE SHADOW**
 try: Stila Eye Shadow Trio in Gilded, $22, Sephora stores
- ✓ **LUSH MASCARA**
 try: Jemma Kidd Make Up School Lash Xtension Mascara, $26, beauty.com

GOLD SHADOW

HOW-TO: Sweep metallic gold shadow along your lower lashlines and into inner corners to draw light into your eyes.

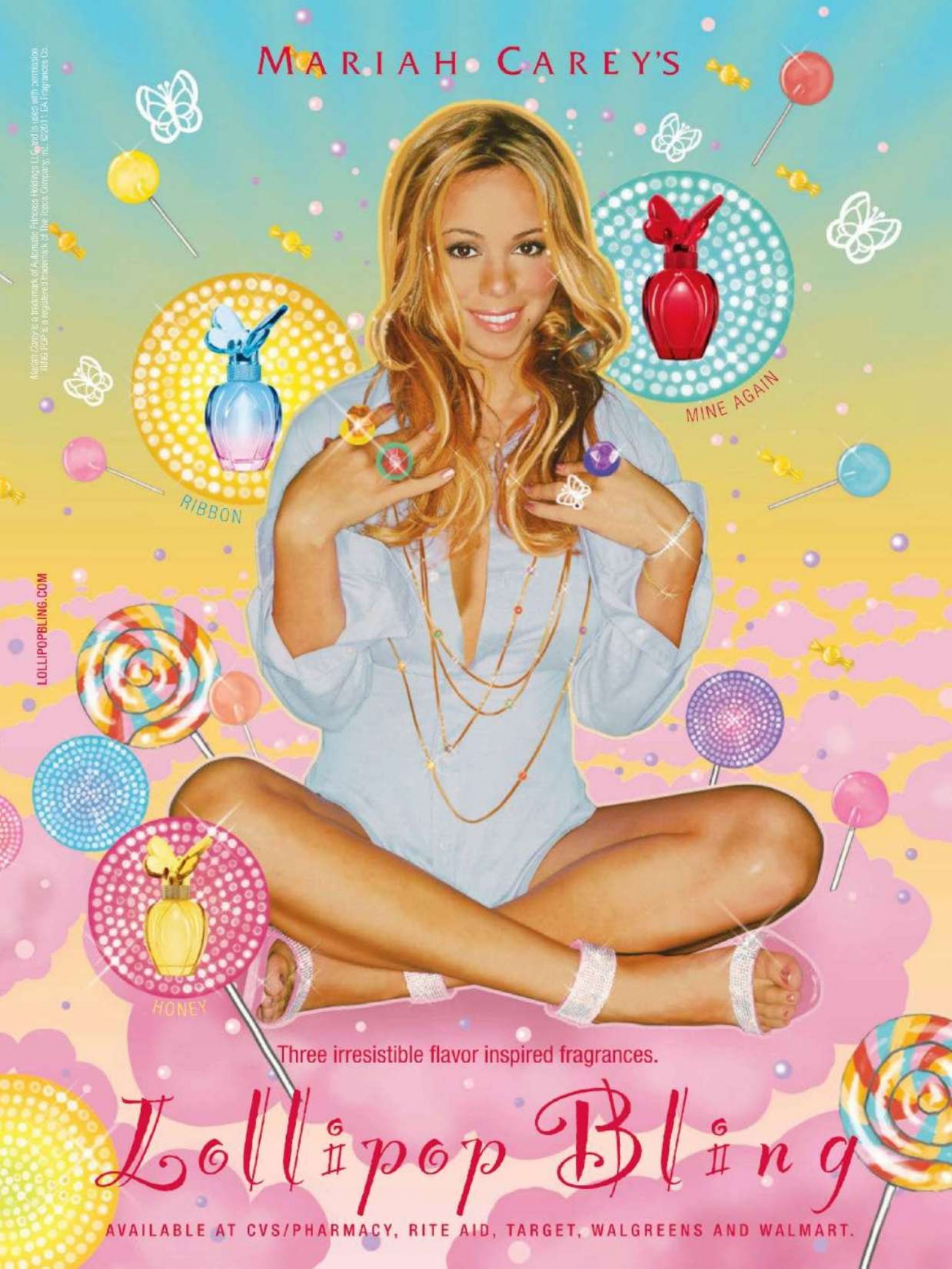
CHOCOLATE SHADOW

HOW-TO: Contour your lids with a deep brown shade by sweeping it on your top lashlines and in the creases of your eyes.

LUSH MASCARA

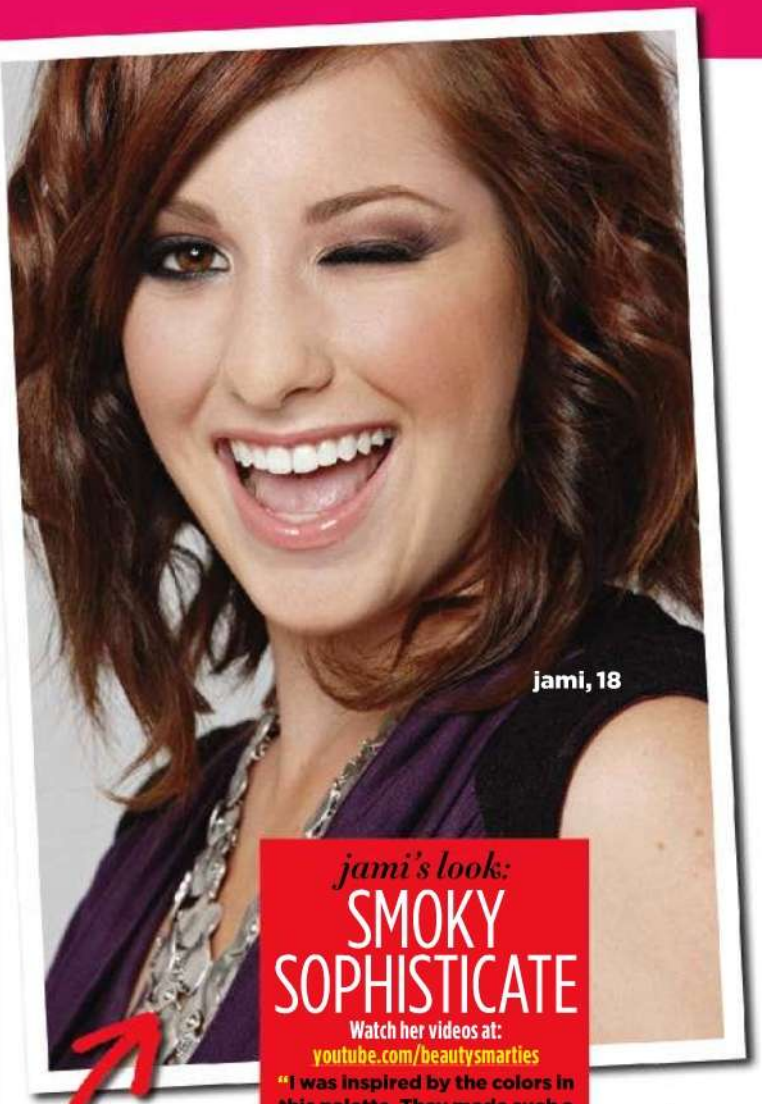
HOW-TO: To make your lashes stand out against neutral shadow shades, apply two coats of a lengthening mascara for a full feathered effect.

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maximize your makeup!

You don't need a drawerful of products to switch things up. The Beauty Smarties used this one palette and came up with two totally different looks! BY molly ritterbeck



HOW-TO:



intensify eyes

"For a sophisticated look with an edge, apply a shimmery burgundy shade (2) from lashlines to creases, then add brightness with a touch of shimmer (1) on inner corners and browbones."



create drama

"Make your eyes really stand out by lining your top and bottom lashlines with the glittery black shadow (6) and smudge with your finger. To intensify, dip the brush in water first, then draw the line."



add shimmer

"Using a small flat brush, mix the creamy red lip color (8) with a bit of allover shimmer (7) for a natural-looking lip tint that balances out your deep eyes."

jami's look:

SMOKY SOPHISTICATE

Watch her videos at: youtube.com/beautysmarties

"I was inspired by the colors in this palette. They made such a glamorous combo that I wanted my makeup to match!"





try: Stila and E! Live from the Red Carpet Beauty Palette in Breathtaking Beauty, $25, ULTA stores

kat's look:

BERRY GLOW

Watch her videos at: youtube.com/beautysmarties

"I love a berry lip in the winter. It brightens up my whole face and adds warmth too!"

HOW-TO:



highlight eyes

"Make your eyes sparkle by swiping a pretty shimmer (4) onto your lids, then define your lower lashlines with the tawny brown shadow (3)."



get a warm glow

"Dab the creamy red color (8) onto the apples of your cheeks for a pretty flush, then top it with allover shimmer (7) so your skin catches the light."



play up your lips

"On the back of your hand, mix the creamy red color (8) with the deep purple shadow (5) to create a pretty berry shade, then use it to fill in your lips."

SEVENTEEN.COM Watch the Smarties' how-to videos at seventeen.com/beautysmarties

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. FASHION STYLIST: JASMINE SNOW. HAIR: BENJAMIN THIGPEN FOR ARTISTSBYTIMOTHYPRIANO.COM. MAKEUP: GILBERT SOLIZ. LEAD ARTISTS FOR SEPHORA PRO TEAM. ON JAMI: TANK, DREAM COUTURE; NECKLACE, JESSICA SIMPSON COLLECTION. ON KAT: GREEN TANK, DIESEL; PURPLE TANK, LOVE SQUARED; EARRINGS, KENNETH COLE; NECKLACE, LULU'S. STILL LIFE: J MUCKLE/STUDIO D.

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who's your scent soul mate?

Follow the trail to your perfect celeb fragrance! BY meredith gray

start here:

what's your *favorite* makeup look?

- all-out glam → **you play up your *lips* with . . .**
 - vivid colors → **how do you step up your *nails*?**
 - fun designs → **BOLD** *like Rihanna*
 - edgy shades → **PLAYFUL** *like Katy Perry*
 - tons of shine → **what are your *wardrobe* must-haves?**
- pretty natural → **you like your *glow* to be . . .**
 - bronzy → **what are your *wardrobe* must-haves?**
 - pearly → **how do you usually wear your *hair*?**
 - I always switch it up! → **FLIRTY** *like Beyoncé*
 - I rock my natural texture! → **SWEET** *like Jordin Sparks*

what are your *wardrobe* must-haves?

- skirts and dresses → **how do you step up your *nails*?**
- jeans and tees → **how do you usually wear your *hair*?**



BOLD *like Rihanna*

You love to get noticed, so grab attention with your fragrance, too! Juicy **plums and peaches** will draw people in, while **hibiscus and coconut** will make them think you are exciting and exotic.



PLAYFUL *like Katy Perry*

Pick a scent that's as adventurous as you are! Unique notes like **bamboo** mixed with bubbly **apple** and girly **freesia** will show everyone how much fun it is to be around you.



FLIRTY *like Beyoncé*

When you want to turn up the charm, let your fragrance do the flirting! The sultry scents of **passion fruit** and **honey amber** give you a totally tempting vibe.



SWEET *like Jordin Sparks*

Play up your low-maintenance style with a perfume that's as easygoing as you are! Cheery **orange blossom** perks you up, while yummy **vanilla** feels warm and cozy.



try: Reb'l Fleur by Rihanna Eau de Parfum, $59 for 3.4 oz., department stores



try: Purr by Katy Perry Eau de Parfum, $45 for 1.7 oz., Nordstrom



try: Beyoncé Heat Rush Eau de Toilette, $49 for 1.7 oz., Macy's



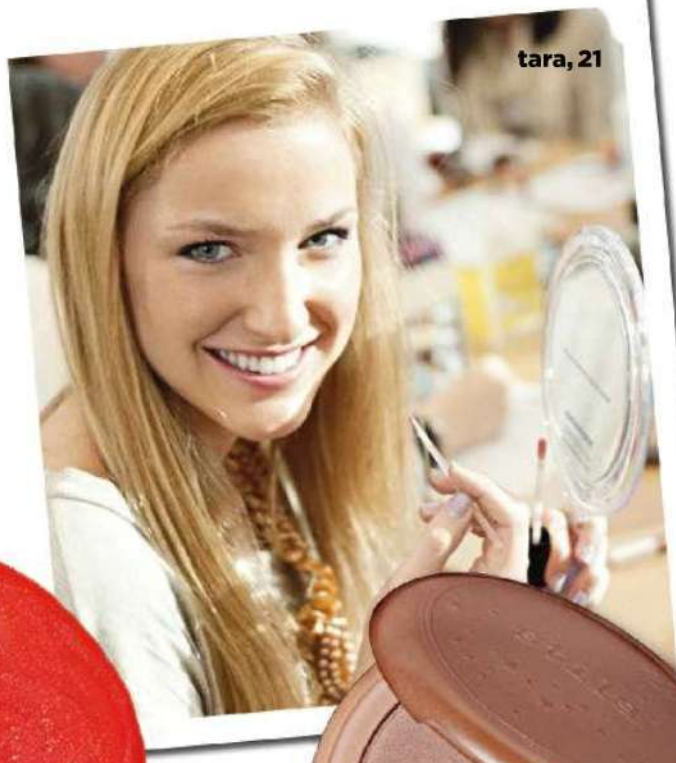
try: Because of You by Jordin Sparks, $15 for 2.5 oz., jordinsparksbeauty.com

SEVENTEEN.COM See which scents celebs are wearing at seventeen.com/celebperfume

STILL LIFES: J.MUCKLE/STUDIO D. RIHANNA: JASON KEMPIN/GETTY IMAGES. PERRY: FLORIAN SEEFRIED/GETTY IMAGES FOR DEUTSCHE TELEKOM. BEYONCÉ: JOHNNY NUNEZ/WIREIMAGE. SPARKS: MIKE COPPOLA/FILMMAGIC.

READER RAVES 2011!

new makeup you







try: Physicians Formula Eye Enhancing Glam Gel Cream Liners in Glam Green, $12, drugstores



SUPER-BLENDABLE LINERS

"I'm obsessed with the subtle shimmer in these gel liners—they're not too over-the-top for school, but you can layer them on for an intense, super-smoky look at night."

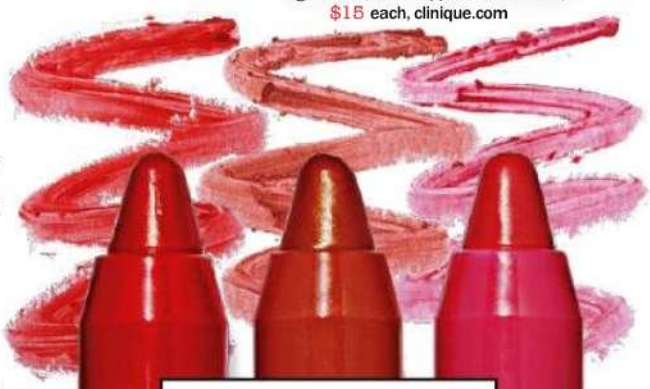
–nathalie, 17, millburn, nj





try: Stila All Over Shimmer Duo in Kitten, $22, Sephora stores

try: Clinique Chubby Stick in Chunky Cherry, Mega Melon, and Woppin' Watermelon, $15 each, clinique.com



try: Revlon ColorBurst Lipgloss in Papaya, Fire, Bordeaux, Hot Pink, and Sienna Sparkle, $8 each, drugstores

ULTIMATE HIGHLIGHTER

"The perfect finishing touch to any makeup routine—I used it as a highlight on my eyes and cheekbones, and it added just the right amount of glow!"

–jen, 18, bronxville, ny

AMAZING LIP GLAZE

"It's like a lip balm with a twist! It feels so smooth like a Chapstick but leaves a pretty color like a gloss!"

–tara, 21, anderson, sc



MEGA-SHINE GLOSS

"I usually avoid gloss because it's too sticky, but this one glides on so smooth and leaves the perfect amount of color. I'm keeping one in my bag and in my locker!"

–maryam, 21, lexington, ky

SEVENTEEN.COM Share your own fave beauty products on our Facebook page at facebook.com/seventeenmagazine

REAL GIRL PHOTOS: LILAC PEREZ. STILL LIFES: J MUCKLE/STUDIO D.

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need now!

Get ready to obsess over these spring products—they were put to the test by 100 ultra-picky readers! BY molly ritterbeck

MOST NATURAL FOUNDATION

"It hides everything and blends right into my skin! Seriously, only I know that I even have it on!"

–deidre, 21, king of prussia, pa

try: Maybelline New York Fit Me! Foundation in Soft Honey and Ivory, $8 each, drugstores

try: Katy Perry Collection by OPI Nail Lacquer in Last Friday Night and Teenage Dream, $9 each, ULTA stores



CRAZY-FUN POLISH

"This is like my Katy Perry pop-star moment! I layered this over my black polish and it gave my nails a glam punch."

–tina, 19, philadelphia, pa

PRETTY BRONZER

"It is natural and light and adds just enough color to really bring out your cheeks! It actually looks like I just came back from vacation."

–betsy, 20, wilmington, de

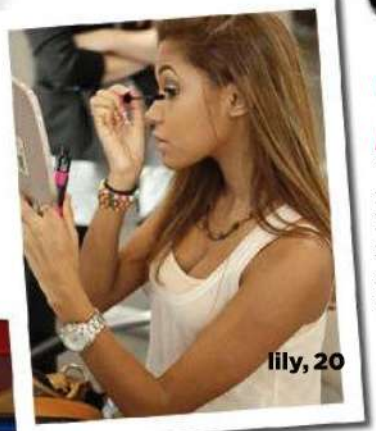
try: Too Faced Peach Leopard Bronzer, $28, Sephora stores

try: CoverGirl Lip Perfection Lipstick in Rapture, $7, drugstores

LUSH LIPSTICK

"I'm a gloss girl, but this lipstick feels soft and the colors are so bright and flirty that I'm hooked!"

–nova, 15, new york, ny



CUSTOMIZABLE MASCARA

"I'm flipping out over this mascara! I love that the brush lets me choose if I want my lashes to be naturally defined or super-dramatic—or both!" *–lily, 20, miami, fl*

try: Rimmel London Glam'Eyes Day 2 Night Mascara in Extreme Black, $8, drugstores

AWESOME SHADOWS

"The purple shades are so flirty and pretty—even the case makes a chic statement! I feel so cool whipping this out: All my friends are going to want to borrow it!"

–emily, 19, cape cod, ma

try: MAC Cosmetics Wonder Woman Eye Shadow Quad in Defiance, $40, maccosmetics.com

best beauty buys!



Get ready to shop till you drop! These are the coolest products at your favorite stores. BY molly ritterbeck

worth the $plurge

cool bargain

store exclusive!

SEPHORA

FUN MASCARA
The brush spins so it coats every lash!



try: Dior Diorshow 360 Mascara in Black, $36, Sephora stores

CREAMY STAIN
It's shiny like a gloss but has rich color like a lipstick!



try: Sephora Collection Cream Lip Stain in 01, $12, Sephora stores

CUTE COMPACT
It has eye and lip colors inside for endless looks!



try: Hello Kitty Beauty Say Hello Palette in Happy Fun, $35, Sephora stores

Walgreens

GLOWY LASHES
Make your eyes pop with a bronzy sparkle!



try: L'Oréal Paris Double Extend Mascara in Black Copper, $11, Walgreens stores

JEWEL SHADOWS
Four different shades for a great price!



try: Rimmel London Glam'Eyes Quad Eye Shadow in ~~Sweet Smolder~~, $6, Walgreens stores

LASH BOOSTER
It makes your lashes thicker in just one month!



try: Wet n Wild MegaLash Clinical Serum, $7, Walgreens stores

ULTA

MULTI-USE COLOR
Your favorite stain in a new rose-gold shade!



try: Stila Coconut Crush Lip & Cheek Stain, $24, ULTA stores

SOFT LIPS
Pretty shine without the stickiness, plus a sweet scent!



try: Sally Hansen Vita-E Lip Soother and Vita-B Lip Moisturizer, $5 each, ULTA stores

BRIGHT POLISHES
Hot colors not available anywhere else!



try: OPI Texas Collection Nail Lacquer in Austin-tatious Turquoise and Ya'll Come Back Ya Hear?, $9 each, ULTA stores

NORDSTROM

PEARLY POLISH
Makes your nails shimmer like jewelry!



try: Chanel Nail Colour in Black Pearl, $23, Nordstrom

MINI MASCARA
The teeny-tiny wand zeros in on those tough-to-reach bottom lashes for extra definition!



try: Clinique Bottom Lash Mascara in Black, $10, Nordstrom

LUXURIOUS LIPSTICK
It's the perfect everyday color.

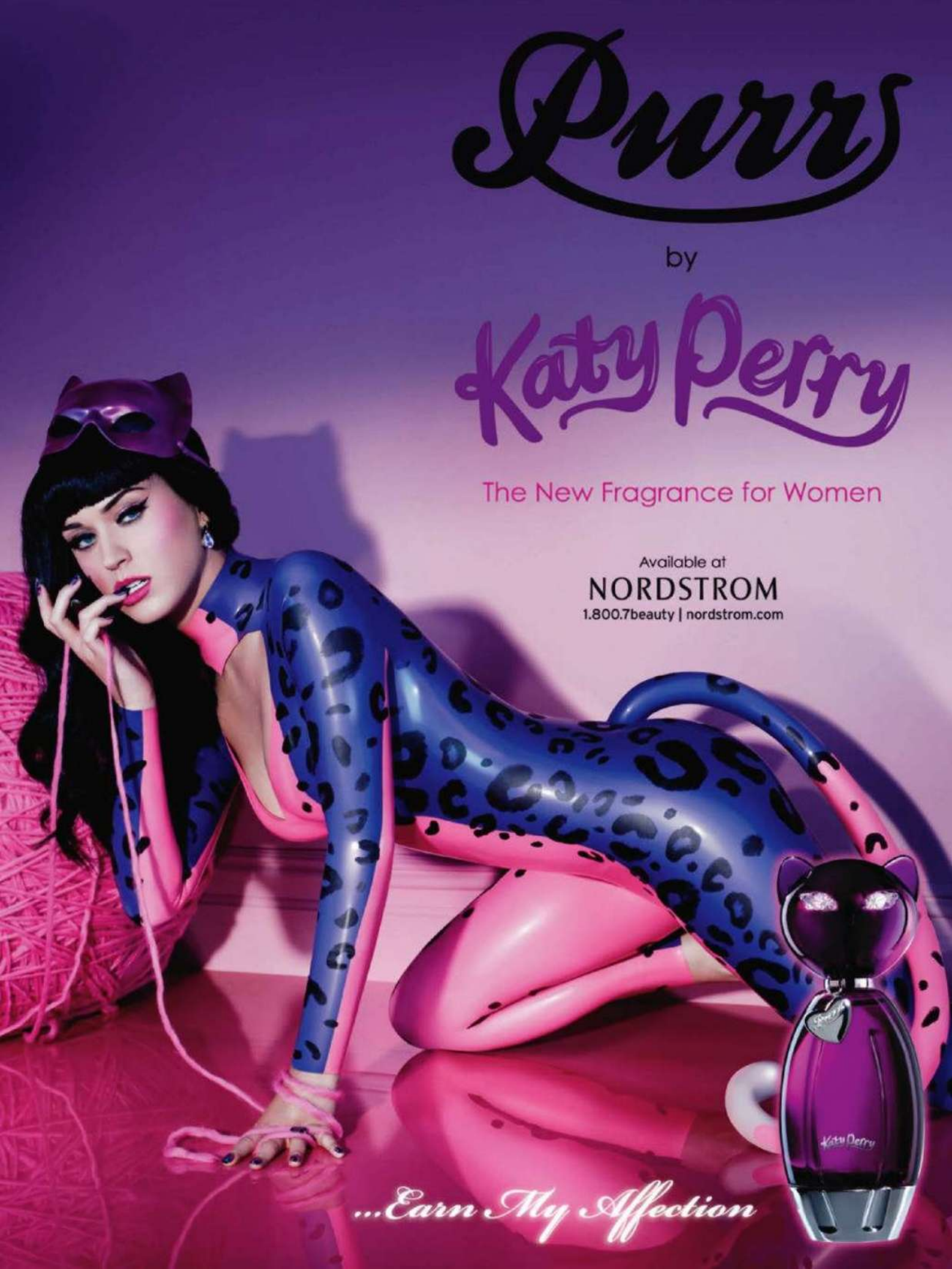


try: Burberry Lip Cover in English Rose, $30, Nordstrom

MAIN PHOTO: KATE POWERS. STILL LIFES: (WET N WILD AND BURBERRY) J MUCKLE/STUDIO D; (SEPHORA, CLINIQUE, CHANEL, OPI, AND DIOR) DON PENNY/STUDIO D; (ALL OTHERS) JESUS AYALA/STUDIO D.

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hair miracles!

These new breakthrough products will make you fall back in love with your hair. BY molly ritterbeck

miracle #1: MEGA-SHINY STRANDS!

Get a head start on glossy strands—starting in the shower! The shine-enhancers in these shampoos make your hair so radiant, you won't even need any other shine products.

try: Herbal Essences Shampoos in Hello Hydration, Touchably Smooth, and None of your Frizziness, $3 each, drugstores

Rinse hair with cold water after washing for extra shine.





Gently tease the hair at the nape of your neck before clipping in for a tighter hold!

Victoria Justice

miracle #2: INSTANT LENGTH!

You don't have to wait until your hair grows out to get superstar length! With these new extensions and styling pieces (like clip-on bangs and glam chignons), you can add major drama in seconds. Bonus: You can heat-style them too!

try: Put On Pieces Dancing with the Stars Hair Extension in Starlights, $49, extensions.com



Whitney Port



miracle #3: SUPER-EASY COLOR!

No more drippy, gross at-home color! This new hair color goes on like a mousse (the foam develops in a fun shaker), so it stays in place and makes your color totally even.

try: Samy Fat Foam Hair Color, $9, Walmart stores

miracle #4: BRIGHTER HIGHLIGHTS!

When your blonde locks start to look dull, give them a subtle boost with this lightening spray. Spritz on damp hair and comb through—you'll look like you just came back from vacation!

try: John Frieda Sheer Blonde Go Blonder Controlled Lightening Spray, $10, drugstores



miracle #5: NO MORE SPLIT ENDS

Say buh-bye to broken strands! This leave-in cream bonds frayed ends back together so you can buy yourself some extra time between monthly trims.

try: Nexxus ProMend Split End Binding Overnight Treatment Crème, $15, drugstores



STILL LIFES: (JOHN FRIEDA SPRAY) J. MUCKLE/STUDIO D; (ALL OTHERS) DON PENNY/STUDIO D. JUSTICE: JOHN M. HELLER/GETTY IMAGES. PORT: GEORGE NAPOLITANO/GETTY IMAGES FOR GIUSEPPE ZANOTTI.

SEVENTEEN.COM Vote for the best (and the worst!) celeb dos at seventeen.com/beautybattle.

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Shay Mitchell, actress
Waves or twists?
I say, why choose?
Pantene. Nature Fusion.
Forget trade-offs. Fusion is about getting all the style without all that damage, plus a touch of cassia too! The pro-vitamin formula works wonders and helps make hair stronger against splits and breaks.*
So get creative. Your hair can take it.
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skin secrets only derms know!

Four celeb docs spill their best tricks just for *you*— no appointment needed.

BY meredith gray



try: RoC Retinol Correxion Sensitive Night Cream, $30, drugstores

prevent zits

"An antiaging product can actually clear up your acne! Pick one that contains a little retinol—it helps skin shed dead cells faster so they don't clog your pores."

–LISA AIRAN, M.D.

try: Neutrogena Blackhead Eliminating Cleanser/Mask, $8, drugstores

blast blackheads

"Hold a warm washcloth to your face before using a salicylic acid cleanser. It will open up your pores so the medicine can penetrate deeper to dissolve the gunk inside. Rinse with cold water to close the pores again."

–PATRICIA WEXLER, M.D.

even out your skin

"It's not just what you put *on* your skin—it's also what goes into your body that matters! Beat blotchy, washed out skin with a dose of antioxidants—they protect your skin from pollution and sun damage to make you look extra healthy and glowy."

–FREDRIC BRANDT, M.D.



try: Dr. Brandt Detoxifying Anti-Oxidant Water Booster Goji-Maqui, $39, Sephora stores

brighten up

"You don't need to *scrub* your skin to exfoliate—just wipe your face with a strong two-step exfoliating peel every morning after you cleanse. It will get rid of dulling dead skin and help fade old acne scars."

–DENNIS GROSS, M.D.



try: Dr. Dennis Gross Skincare Extra Strength Alpha Beta Peel, $80 for 30 peels, qvc.com

SEVENTEEN.COM Do you have the right skin care routine? Check at seventeen.com/skinquiz

MAIN PHOTO: ONDREA BARBE. STILL LIFES: J MUCKLE/STUDIO D.







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health

Uncover your abs!

Beat the winter body blahs! These energizing moves from Hollywood's hottest yoga instructor, **Mandy Ingber,** will flatten your belly and bring that waist out of hiding!



These stars share the same secret to staying lean, strong, and relaxed—yoga!

OPEN FOR WORKOUT MOVES!

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get a lean body &

YOUR PERSONAL TRAINER

NAME: Mandy Ingber

LOCATION: Los Angeles, CA

CELEB SHE TRAINS: Jennifer Aniston

WEB SITE: mandyingber.com



TRAINING TIP:

"Breathe deeply in and out of your nose as you hold a pose. It actually boosts your metabolism for better, faster results!"

YOUR PLAN

Hold each pose for 30 seconds, then rest for 15 seconds. Follow it up with eight reps of the paired move. Repeat three times a week to feel less stressed and more energized. You'll look leaner and stronger in just four weeks!

trim your waist

POSE: SIDE ANGLE **MOVE:** REVERS



Stand with feet four feet apart, right foot turned right. Keep hips squared forward and left leg straight as you lunge right. Lower right forearm to right bent knee and reach left arm up and over your head.

A Use abs to bring torso ba to your lunge. Extend ar and look right.

flatten your lower belly

POSE: DOWNWARD DOG **MOVE:** KNEE-INS



Get on hands and knees with knees directly below hips and hands beneath shoulders. Lift knees and push butt up and back until you're in an upside-down V, as shown.

A Bring your right knee to your right elbow as you shift your body weight forward.

B Extend right leg out and up, then return to downward dog. That's one rep. Do eight reps on each leg.

define your abs

PO



Sit on floor with knees bent. butt and lift legs out straight arms extended in front of yo

TEAR OUT HERE!

MAIN PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: RYAN TANIGUCHI FOR TRESEMMÉ AT KATE RYAN INC. MAKEUP: THORA AT KATE RYAN INC., FOR DIOR COSMETICS. ON ALISHA: SPORTS BRA, TEFRON, HARD TAIL; SHORTS, SOFFE; HEADBAND, GOODY. STILL LIFES: STUART TYSON/STUDIO D.

TEAM seventeen Join Team Seventeen at seventeen.com/team17 for support

flat abs!

If you haven't really worked out this winter, don't worry. This 10-minute power yoga routine will tighten you up and trim your tummy!

tighten your love handles

SE WARRIORS



ack up
ms

B Reach left hand down left leg as you reach right arm up and over head. Return to A. That's one rep. Do eight reps on each leg.

POSE: CHAIR MOVE: CHAIR TWISTS





TRAINING TIP:
"This move is a bloat buster! Twists increase blood flow to your tummy area, so you digest better and faster."

With your feet and legs glued together, bend knees and sink hips down as you lift chest and extend arms overhead.

A Press palms together at chest. Twist right to touch left elbow to outside of right knee.

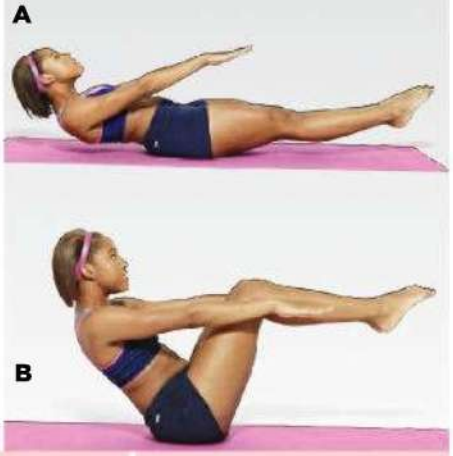
B Twist left and touch right elbow to outside of left knee. That's one rep.

OSE: BOAT MOVE: V-UPS



TRAINING TIP:
"Remember to exhale as your abs contract (to lift you up) and inhale as you recline."





Balance on
into a V,
u.

A Lower shoulders and legs until they are about six inches from the floor.

B Use abs to draw chest and knees up, so knees align with shoulders. Return to A. That's one rep.

WIN A SWAG BAG!



If you're a yoga beginner, this package of cool clothes and gear from Sports Authority has everything you need to get started. Go to seventeen.com/freebies for a chance to win.

WORTH $182 TOTAL!

from other readers and exclusive access to Mandy's weekly training tips!

www.downmagaz.com

the yummiest ways to stay healthy

Feed a cold . . . and the flu . . . and any other icky germiness with these amazing superfoods!

eat to beat . . . COUGHS!

HONEY

If you have a cough, start your day with a tablespoon of honey drizzled over whole grain pancakes or in a cup of hot tea. Both work to thin mucus so your body can clear it out of your lungs—the same way cough medicines do!



eat to beat . . . COLDS!

TART CHERRIES

To avoid that sniffly, stuffed-up feeling (ew!), eat tart cherries. You can buy them dried, frozen, or as a juice during winter, and this wonder fruit has lots of antioxidants (to keep your immune system strong) and vitamin C (which may help you fight off colds faster).

Cherries taste delish on low-fat fro yo!



eat to beat . . . THE FLU!

MUSHROOMS

Chills, aches, fever—once the flu takes hold, it can knock you down for *days*. But research has found that if you add extra mushrooms to your diet (like on pizza—yum!), you may boost your body's natural defenses against the nastiest winter flus.



eat to beat . . . STOMACH BUGS!

YOGURT

To battle gross germs that cause nausea and diarrhea, your tummy needs something called probiotics. Stress can wipe out these healthy bacteria in your system, but snacking on yogurt will replenish your supplies and help keep you well. (The strawberries and granola are just a treat!)



PS: Need more help looking and feeling your best? Get our brand-new book, **500 Health & Fitness Tips**, available now!

17 EXPERTS: **Leslie J. Bonci, M.P.H., R.D., L.D.N.,** director of sports nutrition at University of Pittsburgh Medical Center; **Wendy Bazilian, Dr.P.H., M.A., R.D.,** coauthor of *The SuperFoodsRx Diet* (Rodale, 2008).

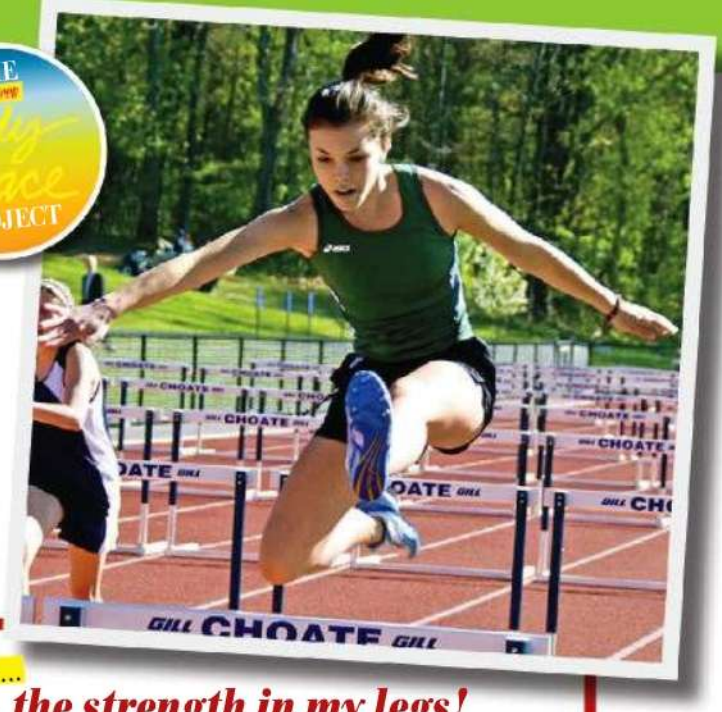
SEVENTEEN.COM Is what you're eating *really* healthy? Check it out at seventeen.com/mealmaker.

STILL LIFES: (FOOD) JESUS AYALA/STUDIO D; (BOOK) J MUCKLE/STUDIO D.
FOOD STYLIST: SUSAN OTTAVIANO FOR HALLEY RESOURCES.

THE Body Peace PROJECT

"what i love about my body"

The best way to reverse an "I feel ugly" moment? Celebrate what you *do* like about your bod!



I love...

. . . the strength in my legs!

"I run hurdles, and usually in the last few meters of a race, I can feel my legs start to buckle under me—yet they somehow get me to the finish. It's a cool feeling! I couldn't care less about whether or not my legs are thin enough. When you're an athlete, you *need* to have some muscle on you!" **–AMANDA, 17**



I love...

. . . the way my curves make me feel girly!

"When my curves are accentuated the right way (like in jeggings!), *nothing* can bring me down." **–LIBBY, 17**

I love...

. . . my scar. It shows I'm a survivor!

"I had cancer as a kid, and after years of radiation and chemo, I had to have a kidney removed, which left a foot-long scar on my stomach. I always hated it, but once I stopped covering it up, I realized people were amazed by my story—and I should be too! Now it reminds me of how strong I am." **–JENNIFER, 21**



I love...

. . . my height, because it makes me stand out!

"Being tall isn't something I used to be comfortable with. I would never, ever wear heels, even though I loved them! But I've learned that my height makes me unique—and that's what makes me feel confident and beautiful." **–ASIA, 22**



ASK THE BODY PEACE PANEL:

Q: How do I deal with what I don't love (like my belly)?

–LEAH, 18



A: We all need tricks to help us feel more confident—for you it might be dressing in clothes that show off what you *do* love. (Your arms? Your legs?) By shifting your focus from the bits that drive you crazy, you can stop worrying about them. I used to wake up every day and think about the things I wished I could change about my body. Then I realized the negative talk was just making me upset! Instead, try *complimenting* yourself—I guarantee it will make you feel empowered! XO, KATHERINE

Katherine is the author of *Rock What You've Got: Secrets to Loving Your Inner and Outer Beauty from Someone Who's Been There and Back* (Hyperion, 2010).



Tell us what *you* love! Tweet your body love on February 14 and tag it #17BodyPeace.

17 EXPERT: Jess Weiner, an author, self-esteem expert, and Global Ambassador for the Dove Self-Esteem Fund.

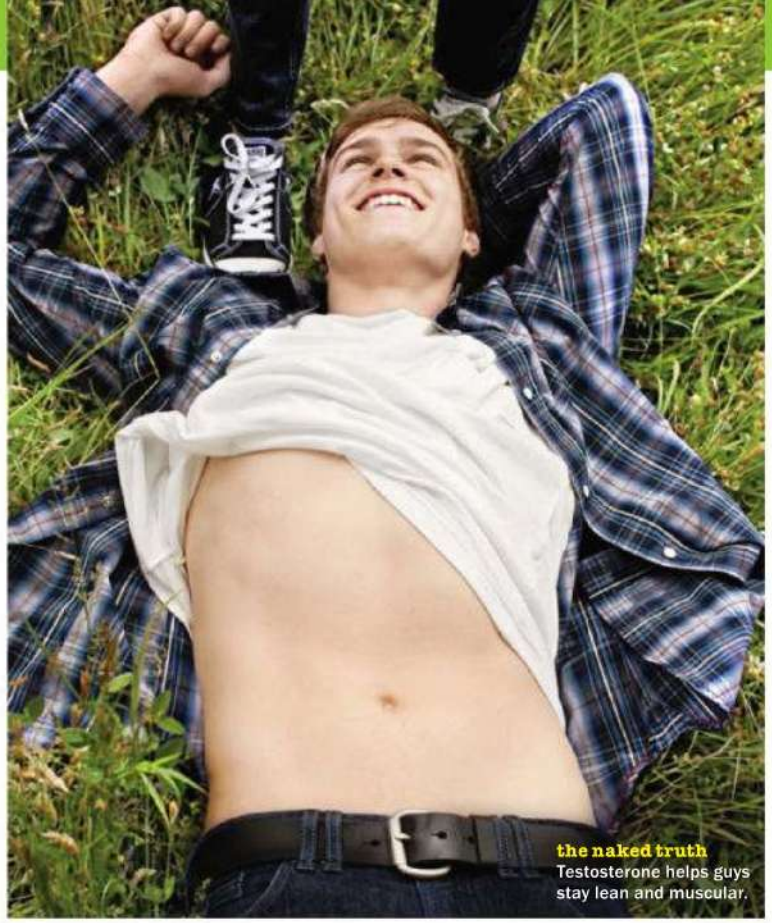
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SEX ED

guys' sexy secrets revealed!

Is his body supposed to look like that—or do that? Read on for the surprising answers.



the naked truth Testosterone helps guys stay lean and muscular.

Q: Can I hurt him when we're making out?

A: You've seen guys writhing in pain from a kick to the groin, but **nothing you do while making out could *ever* hurt that much.** Still, it's good to know that the head of his penis and his testicles have the most nerve endings, so they're his most sensitive spots. He'll speak up if you scratch or pinch him while you're making out, but if you're still figuring each other out, don't be afraid to ask him how much friction or pressure feels good. Every guy is different!

Q: Do guys have their own gynecologist?

A: There isn't really a *guy*necologist that a dude sees on a regular basis, **but that's because he has his sexual health tests taken care of at his yearly doctor's checkup.** The doc will usually feel the guy's testicles for lumps that could be cancerous (similar to a breast exam) and give him an STD test if he's sexually active. It's only when something seems abnormal that he's sent to a urologist—a doc who specializes in the male urinary tract and his reproductive system too.

Q: How do you tell if a guy has something you can catch, like an STD?

A: Everyone has seen those scary pics of genitals infected with STDs in sex ed class, **but here's what's even scarier—in reality, most STDs often show no symptoms at all.** That said, little red bumps, open sores or blisters, yellow or greenish discharge from his penis, or a musty smell (kind of like a damp basement) may tip you off that something's not quite right. (Stick to kissing or touching with your clothes on until he gets it checked out.) While the only 100 percent foolproof protection against STDs is not to have any kind of sex, if you do decide to do it, you can be safer by using a condom every time and by asking your boyfriend to go with you to get tested for STDs before you start having sex. It's not easy to bring up, but calling that out makes it less weird. (Say: "I know this is awkward, but it will be so much worse if we find out *later* that one of us had something.")

Q: Do guys groom themselves down there?

A: You may stress over what to do to your bikini line, but just like with girls, **what guys choose to do with their pubic hair is a very personal choice.** Some boys go natural and leave it alone, while others find that when they shave or trim their pubic hair, they sweat less and avoid a lingering BO-type smell. Still others say they do it for the confidence boost, because going a little barer can actually make their penis appear larger. (Hey, that's between them and their ego!)

BOYS' BODY DRAMA!

Even dudes need Body Peace. Here's the weird stuff guys stress about.

"IS MY PENIS CURVED?" Some penises curve slightly when erect. This just means there's more spongy tissue on one side of his penis than on the other—as long as it's not a drastic L-shaped bend or causing him pain, it's totally normal.

"ARE MY TESTICLES LOPSIDED?" Just like most girls have slightly uneven breasts, a guy's testicles probably aren't going to be completely identical in size and shape. Sometimes one testicle hangs a little lower than the other one, and that's normal too.

"DO I SMELL?" Guys start sweating more postpuberty, and they grow more hair too, which can trap the odor. The thing is, it always smells worse to them than to anyone else. (That's why they often overdo it on strong body sprays, like Axe!)

17 EXPERTS: Elizabeth Schroeder, Ed.D, M.S.W., executive director of Answer (Sex Ed, Honestly), a national organization dedicated to providing comprehensive sex ed to young people; **Reid Mihalko,** a sex educator at Reidaboutsex.com; **Krishna White, M.D.,** medical editor at Teenshealth.org.

SEVENTEEN.COM Get 16 surprising truths about guys and sex at seventeen.com/surprising.

MAIN PHOTO: SAYE. (MODEL USED FOR ILLUSTRATIVE PURPOSES ONLY.)

ALL GUY EDITED SECTION!

the guys' guide to valentine's day

Don't let your BF fool you—guys secretly *love* V-Day. Real dudes spill how they *really* want to celebrate this year. BY elisa benson

MAIN PHOTO: COLETTE DE BARROS. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)

www.downmagaz.com

dates he ♥s

Steal one of these guy-approved ideas to make your V-Day special.



Freebie date: Go sledding! The faster you fly down the hill, the tighter you can hold on to each other!

cook dinner together

"Grocery shopping with my girlfriend was so fun—we ran all over the store looking for ingredients and chased each other with carts. When we got home, we made a huge mess cooking and realized that we accidentally doubled one of the ingredients. Ha! But we were cracking up the whole time."

–rob, 21, stoughton, ma

find the best view in town

"For Valentine's Day, my girlfriend and I went to the top of the stock exchange building in Chicago, where you have an amazing view of the entire city. It was like something out of a romantic movie—and we made out, obviously."

–zach, 19, chicago, il

cuddle to corny movies

"Run to Walmart together for hot chocolate and a couple of DVDs from the $5 bin. They always have the most random selection, which makes it fun. Then spend the night relaxing and snuggling. Every time you watch the DVDs after that, it will remind you of your perfect Valentine's Day."

–ethan, 17, bowling green, oh

plan a cute surprise

"My girlfriend said she wanted to take a walk in the snow, but as we were walking, she pulled me into a restaurant where she'd had a reservation all along! I was so touched that she made the effort to surprise me."

–nipun, 19, cherry hill, nj

GIFTS GUYS REALLY WANT!

Dudes are notoriously hard to shop for. So we surveyed 100 guys to find out the things on top of their wish list!



#1 TICKETS

Get tickets to a game or show. It doesn't have to be big—he just wants something he can do with *you!*



#2 CLOTHES

Guys say a sweater or hat that matches his personal style is a sweet sign you're clued in to him.



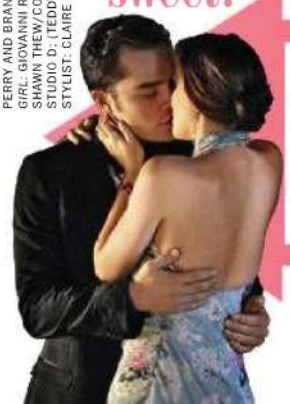
#3 FRAMED PIC

Believe it: He wants you to frame a cute photo of the two of you from a special moment—it's a gift that shows you're serious about him.

MUSH-O-METER

You're not the only one with a tender heart! These softies own up to the surprisingly sentimental stuff they're into.

sweet!



sappy!



TV ROMANCES!

I'm addicted to the *Blair/Chuck story line on Gossip Girl.* I've watched it from the start and I'll watch it to the end!

–hafeez, 18, brooklyn, ny

SNUGGLING!

I love to cuddle! The feeling of having a girl in my arms is so nice. In that moment, I can tell her anything.

–kyle, 20, austin, tx

LOVEY-DOVEY POEMS!

I once *wrote my girlfriend a poem for* every year that I'd known her. I wanted her to know how I feel.

–kadin, 17, moscow, id

STUFFED ANIMALS!

Before bed, I *hug the stuffed animal my girl* gave me and tell it 'good night.' It makes me feel close to her!

–kurtis, 17, placerville, ca

SEVENTEEN.COM What's the sweetest thing your BF has done for you? Share now at seventeen.com/sweetest

PERRY AND BRAND: HAMMOND/DESPOIS/SPLASH NEWS. GOSSIP GIRL: GIOVANNI RUFINO/THE CW. STILL LIFES: (BASEBALL HAT) SHAWN THEW/CORBIS IMAGES; (PICTURE FRAME) DON PENNEY/STUDIO D; (TEDDY BEAR) DIGIFOTO DIAMOND/ALAMY. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

meet our 2011 HOT GUY PANEL!

TEAR OUT THE TRADING CARDS!



These adorable dudes are giving you love advice all year long. Pick your fave now, then go to seventeen.com/hotguypanel to ask him all *your* burning Qs!

Trevor

AGE: 19

STATUS: "Single and looking. I love the feeling of being in love."

MY DREAM GIRL: "I need a girl who gets my sarcastic humor—and who can make me laugh in return!"

HIDDEN TALENT: "I'm an art student. Once after I had a fight with a girl, I stayed up all night drawing a portrait of her to get her to forgive me!"

TALK TO HIM: seventeen.com/trevor

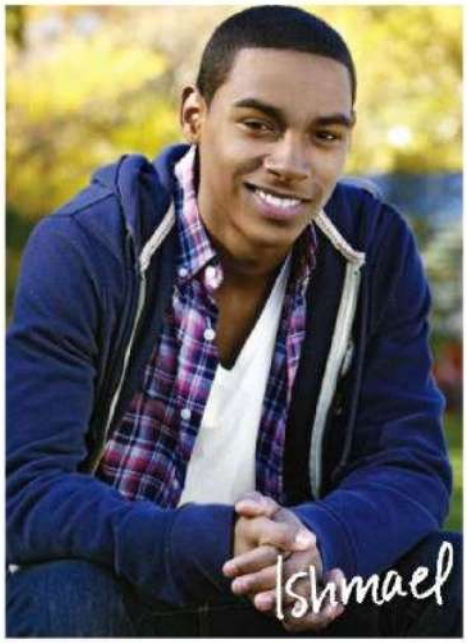
"I'm pretty old-fashioned. I always go for the cute, classy girl over the hot and sexy girl. Just flash me a sweet little smile and I'm hooked!"

MAIN PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. GROOMING: LYDIA O'CARROLL AT KATE RYAN INC. FOR KIEHL'S. BENJAMIN THIGPEN FOR ARTISTSBYTIMOTHYPRIANO.COM.

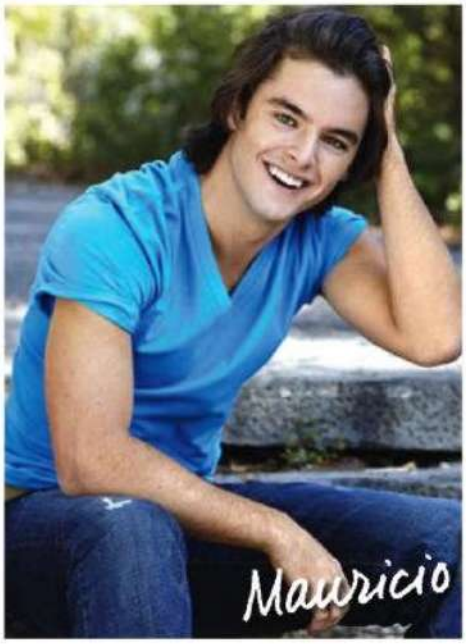
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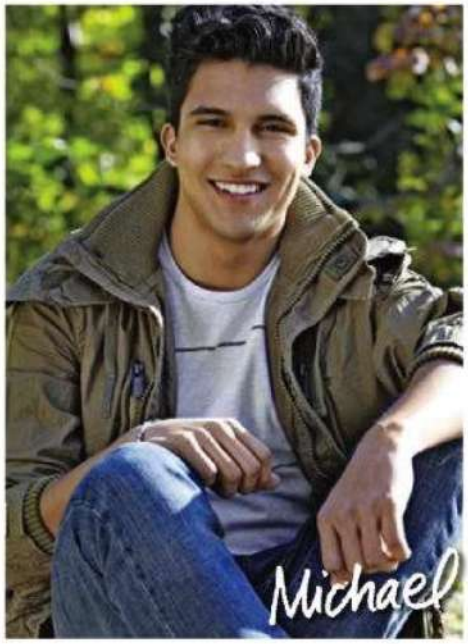

Eliseo


Jared

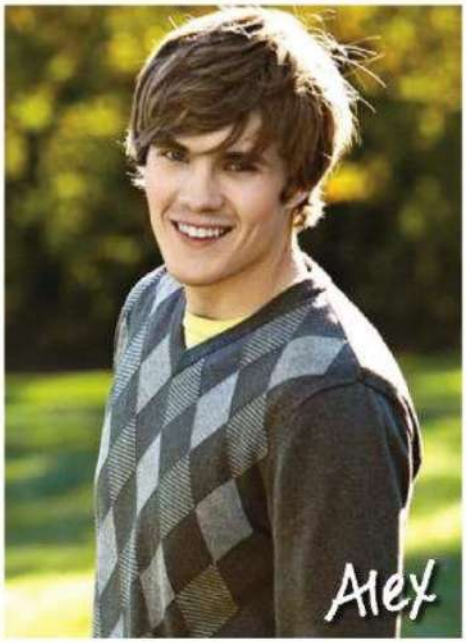

Ishmael

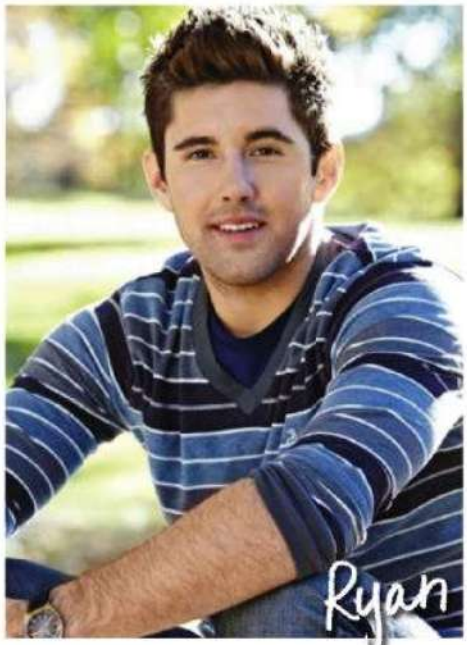

Kellian


Mauricio


Michael


Mike


Alex


Ryan

Ishmael

AGE: 19

STATUS: "Sometimes I *wish* I were more of a player—but I'm what my sisters call a 'lover boy.' A softie!"

SECRET CONFESSION: "Guys *know* when we're being a-holes—but sometimes we do it anyway. I once told an ex to leave me alone forever. I felt completely horrible after I said it."

TALK TO HIM: seventeen.com/ishmael

"One of my favorite dates is to go to karaoke. I love serenading a girl with smooth love songs, and I can tell a lot about her too based on what *she* sings!"

Jared

AGE: 17

STATUS: "In a relationship—she's my girlfriend *and* my best friend."

MY FAVORITE DATE: "Ice-skating—if the girl needs to hold me for support, it gives us a chance to get close!"

FLIRTING FAIL: "My ex used to hit on other guys just to make me jealous. Um, that's why she's my ex."

TALK TO HIM: seventeen.com/jared

"The best compliment is when a girl tells me I smell good. I have a different cologne for every day of the week, so it's nice to know it's appreciated!"

Eliseo

AGE: 16

STATUS: "Ready to find my dream girl."

SECRET CONFESSION: "Breakups hit guys *hard*. We might not get emotional, but the tough guy thing is an act."

BEST LOVE ADVICE: "Never go to the mall together. Guys buy what they need and split, but girls spend forever in just one store. It's torture!"

TALK TO HIM: seventeen.com/eliseo

"Once I drove a girl home from school and she suggested we stop for ice cream—we ended up talking for hours. Spontaneous dates are the best kind!"

Michael

AGE: 20

STATUS: "I was a total player . . . until I met my girlfriend. She reformed me!"

MOVE THAT ALWAYS GETS THE GUY: "Play hard to get. Guys *love* a chase!"

BIGGEST TURNOFF: "Jealousy. If we go to a party together, I want to be there with *you*—so freaking out if I talk to another girl is just stupid."

TALK TO HIM: seventeen.com/michael

"My girlfriend turned me down three times before she agreed to a date—she said she wasn't interested in a player! But that confidence made me *want* to change for her."

Mauricio

AGE: 19

STATUS: "I'm a hookup king!"

MY DREAM GIRL: "I like the girl who's first to hit the dance floor—someone who knows how to have fun!"

BIGGEST TURNOFF: "Smoking and bragging—the two worst habits!"

LOVE LESSON LEARNED THE HARD WAY: "Always remember her name! Oops."

TALK TO HIM: seventeen.com/mauricio

"I want a girl who is crazy-spontaneous: someone who'll order dessert first, or pick up and come with me to a music festival at the very last minute."

Kellian

AGE: 17

STATUS: "Happily single—for now."

MY FAVORITE MOVE: "If you like a guy, just tell him. I had a girl friend who admitted that she liked me on my birthday. Best present ever!"

BIGGEST DISS: "Once a girl told me she was 'going to the bathroom'—but never came back. Ouch!"

TALK TO HIM: seventeen.com/kellian

"Once I dated a girl I met at Whole Foods—we both reached for an apple at the same time. A grocery store is a great pickup spot because there's no pressure!"

Ryan

AGE: 19

STATUS: "I'm a hopeless romantic."

MY DREAM GIRL: "I love a girl who's close to her family—it's a sign she knows how to have a real relationship."

BEST LOVE ADVICE: "If you're in love with two people, pick the second one. If you really loved the first, you wouldn't have fallen for the second."

TALK TO HIM: seventeen.com/ryan

"I'm looking for a girl who's my best friend—the kind of girl you can do the silliest, dumbest stuff with and still have the time of your life."

Alex

AGE: 21

STATUS: "Going on three years with my girlfriend. I still get butterflies!"

MY FAVORITE MOVE: "I love a girl who reaches out to hold my hand."

BEST LOVE ADVICE: "If you're confused about whether a guy likes you, he probably doesn't. With the right person, it will be crystal-clear."

TALK TO HIM: seventeen.com/alex

"I love a girl who's feisty and not afraid to share her opinion to a room full of strangers—but who also wants to stay in with a movie and cuddle."

Mike

AGE: 19

STATUS: "I have two true loves—my girlfriend and football."

MY FAVORITE DATE: "See a scary movie, so I have a reason to hold you!"

BEST LOVE ADVICE: "When you're mad about something, ask yourself if it's worth it to pick a fight. True love is being able to suck it up sometimes!"

TALK TO HIM: seventeen.com/mike

"Once my girlfriend texted me in the middle of the night to say I make her the happiest girl in the world. Waking up to that was an awesome way to start my day!"

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Turns your idea of what a pad can do upside down too. With its amazingly absorbent, unbelievably flexible core, Always Infinity® adapts more and absorbs more than Kotex® Ultra Thin Regular.* Which is definitely something worth flipping for. *Just like magic.* **Have a happy period.**

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SNEAKY WAYS TO

GUY EDITED!

move past "just friends"

The best boyfriends start out as friends! Guys share how to drop the hint to *your* buddy. BY elisa benson

Sneak into his routine.

"Every day, my girl friend would stop by my lunch table to talk. **I got used to seeing her regularly** and started looking forward to her dropping by. One day it hit me that I wanted to spend even *more* time with her."



–MICHAEL, 19, NEW YORK, NY

Show a little tenderness.

"One day my best girl friend and I were watching a movie and pigging out. Suddenly she leaned over, **laughed that I had food on my face,** and brushed it off with her napkin. It was a small gesture, but in that instant, I saw her as more than a friend—she was someone who really cared about me."



–JARETT, 16, BROOKLYN, NY

Break off from the pack.

"My friends and I would always hang out in a big group, but when one of the girls in our crew **invited me to a school event, just us,** it was like a lightbulb in my brain that she liked me as more than a friend. We started dating soon after that."



–ZACK, 21, LAGUNA NIGUEL, CA

Send a foolproof message.

"After a big party, one of my girl friends **texted me to say that she always got a little jealous** when she saw me with other girls. Instantly I realized I felt the same way when I saw her with other guys. Her bold text took our relationship to the next level."



–ERIK, 21, ELIZABETHTOWN, PA

Tell him already!

"I'd been flirting with one of my girl friends for months, but I was too nervous to take it beyond that—**until she flat out asked me,** 'Should we try to make a relationship work?' I was so happy—and said yes right away!"



–THOMAS, 19, MONTCLAIR, NJ

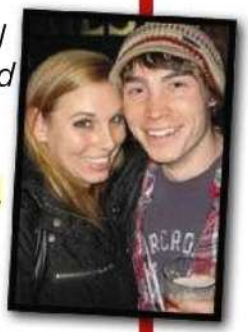


get closer
Bet none of his *guy* friends smell as good as you do.

just kiss him!

The fastest way out of the friend zone? Make a move that *really* leaves a mark.

"At my birthday party, I walked up to my guy friend Chris at the end of the night and flirtatiously told him I needed a birthday kiss. We started kissing, and the rest is history!"



–MARY ANN, 21, NORTON, MA



"I invited my friend Justin over to 'watch a movie,' and when we sat down on the couch, I leaned in and kissed him! That's all it took."

–MEREDITH, 19, MOBILE, AL

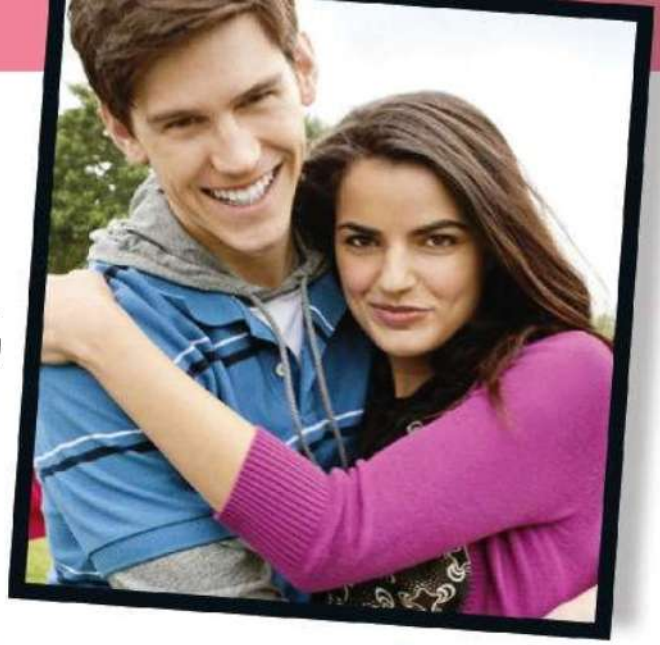
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SEVENTEEN.COM Is your guy friend secretly crushing on you? Find out at seventeen.com/quizzes.

www.downmagaz.com

GUY EDITED!

are you normal about relationships?



When you're totally into your guy, it's hard to tell if you're crazy in love—or just crazy! Real dudes reveal the signs. BY elisa benson

Check the statements that best sum up what you're like in a relationship.

☐ **You want instant commitment.** "You're looking for a serious relationship, so you tell a guy—even the first time you hang out—that you want something long term." -MARSHALL, 20, MAPLE GLEN, PA

☐ **You're direct.** "When you're upset with your guy about something, you confront him instead of just holding it in." -LUIS, 19, MIAMI, FL



☐ **You check up on him.** "If your guy seems like he's pulling away, you'll look through his phone to make sure he's not hiding something." -MIKE, 19, NEW YORK, NY

☐ **You keep things fun.** "You're always thinking of new things to try together—rock climbing, laser tag, or a new restaurant." -LLOYD, 19, ORLANDO, FL

☐ **You expect him to read your mind.** "When you're mad at your guy, it annoys you if he can't figure out why. You don't like having to fill him in." -TJ, 17, DELHI, CA

☐ **You're tight with your besties.** "You get along with his friends, but you have your own group too. It's not a big deal for you to spend a Friday night apart." -BRANDON, 19, CALABASAS, CA



☐ **You dress to impress.** "Before you see your guy, you spend hours putting on makeup and picking out your outfit—you wouldn't want to look less than 100 percent perfect." -ETHAN, 17, BOWLING GREEN, OH



☐ **You're laid-back.** "You're not embarrassed if your guy farts in front of you—and you might even fart in front of him!" -KAMAU, 19, BROOKLYN, NY

☐ **You drop by randomly.** "When your guy is MIA on text, your next step is to go to his house—just in case he's being sketchy." -JASON, 21, BRIDGEWATER, NJ

☐ **You challenge him.** "If you disagree with your guy's opinion, you tell him. Little debates help you get to know each other." -DANIEL, 19, BLOOMINGTON, IN

MOSTLY ORANGE:

NORMAL

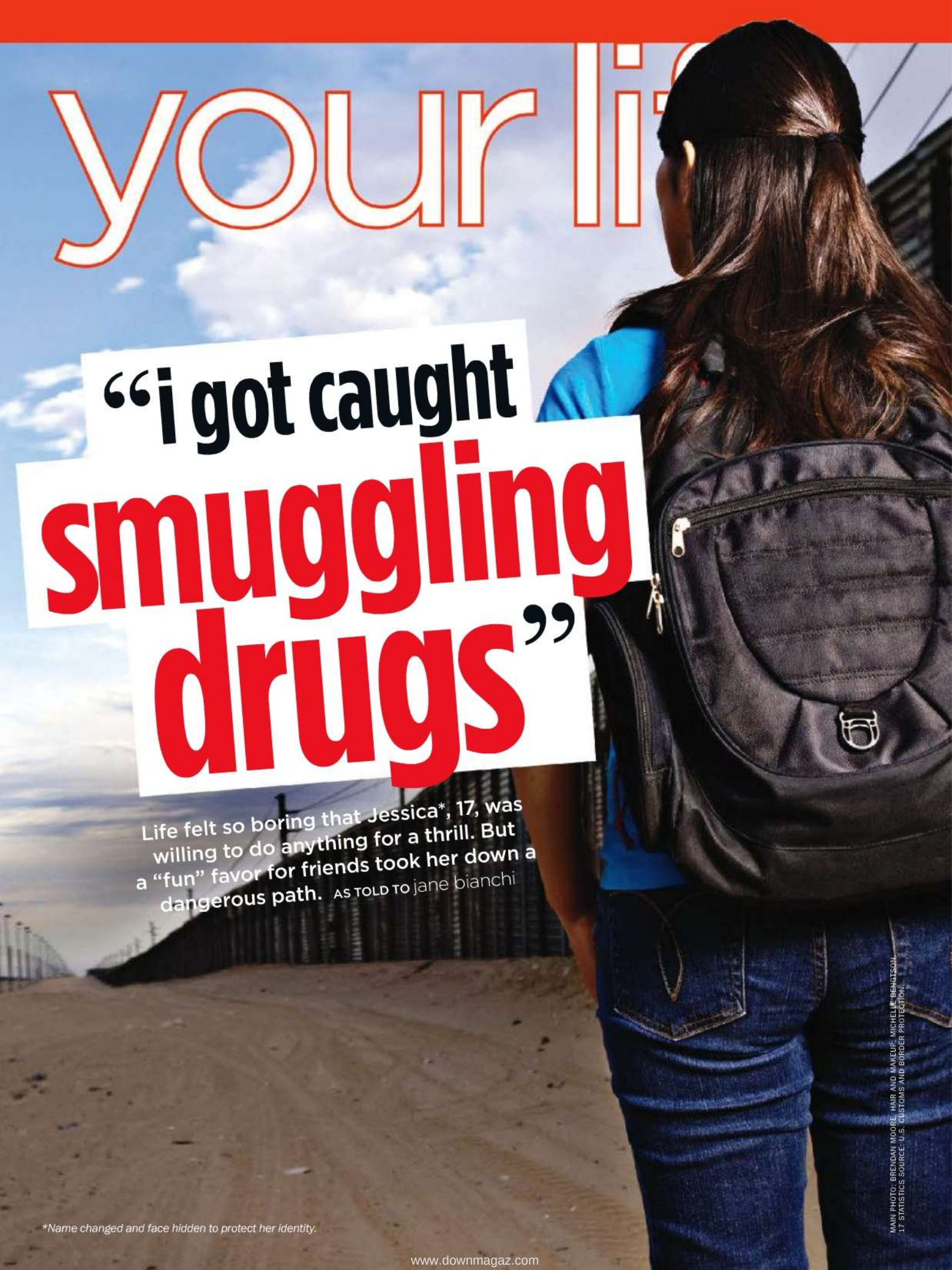
You're the kind of GF guys love—mellow, trusting, and fun! But don't let "normal" turn into boring. Every now and then, show up on date night in an over-the-top glam outfit or stick a cute note into his locker one day. Little surprises keep your love fresh!

MOSTLY RED:

NOT NORMAL

You put *everything* into your relationships, and at first, it works—like, he probably *loves* when you drop by his house once in a while. But if you check in all the time or get overly demanding, he'll feel smothered. Big gestures should feel special, not like overkill.

MAIN PHOTOS: (TOP) SAVE; (BOTTOM) NICK ONKEN. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)
STILL LIFES: (ITOUCH) COURTESY OF APPLE; (DRESS AND LIPSTICK) JESUS AYALA/STUDIO D.



your li

"i got caught smuggling drugs"

Life felt so boring that Jessica*, 17, was willing to do anything for a thrill. But a "fun" favor for friends took her down a dangerous path. AS TOLD TO jane bianchi

*Name changed and face hidden to protect her identity.

MAIN PHOTO: BRENDAN MOORE; HAIR AND MAKEUP: MICHELLE BENGTSON.
17 STATISTICS SOURCE: U.S. CUSTOMS AND BORDER PROTECTION.

www.downmagaz.com

Life in my small town in Arizona was okay but pretty dull. After school, I'd hang out in a local park, eat burgers at Jack in the Box, or cruise around in a friend's car. At 6 P.M., I'd have dinner with my mom, younger sister, and two older brothers, and then watch TV in my room or talk on the phone—the same thing every night. So when a boy who was in the ninth grade with me moved to my neighborhood and invited me to chill with him and his brothers, Josh* and Jake*, I felt like there was *finally* something new and interesting to do!

Josh and Jake were 24 and 26, and most people my age didn't hang out with older guys, so being around them made me feel really cool. They'd say things to me like, "You're our girl," and "You're so down-to-earth." Whenever I was upset about something—usually a fight with my mom—they'd listen and tell me everything would be okay. For months, I spent every day after school with them.

A RISKY REQUEST

One night Josh, Jake, and I were sitting on the porch in front of their house when they mentioned that two friends of theirs who lived just over the border in Mexico had marijuana that "needed to be crossed" to Arizona. This didn't surprise me, because we lived only 10 minutes from the border, so a lot of people smoked and sold weed in my town. I'd heard about people "crossing"—it sounded exciting, like something out of a thriller movie. I didn't know exactly what the consequences of getting caught were, but Josh and Jake said that because I'm under 18, the penalties wouldn't be bad. So they wanted *me* to do it! They offered me $80, but I didn't care about the money. I thought if I did it, they'd think I was cool. I looked up to them and wanted their respect, so I agreed. I wasn't even nervous, because I never thought that I'd actually get caught.

The next afternoon, I put on a loose baby-doll shirt over a tank top and jeans. Then their two friends picked me up and drove me across the border to their house in Mexico near the border. When we got there, the guys took out about a pound of marijuana, duct-taped it to my tank top, put a rolled-up shirt over it so it would look soft, and pulled my shirt over the lump. I was a little freaked out once I had the marijuana attached to me, but I also felt a burst of excitement. They told me, "Say you're pregnant and you came over to visit your grandma." When we got in the car, it all started to feel real and I panicked. I thought, Oh, my God, I can't believe I'm doing this. But there was no turning back. They dropped me off three blocks from the border to avoid looking suspicious. I walked the rest of the way.

"I panicked. I thought, I can't believe I'm doing this!"

CROSSING THE LINE

When I got to the US border, I passed the first inspection officer without a problem. But on my way past the second officer, I don't know why, but she stopped me. I froze. She asked me to lift up my shirt. I was terrified! I couldn't believe I was getting caught!

17 FYI

Last year, nearly 300 people under 18 were caught smuggling drugs across the US borders.



a big surprise Jessica hid this brick of marijuana under her clothes!

I had no idea what was going to happen to me. Not only had I disappointed my best friends, but I was also mad at myself for taking such a stupid risk. I kept thinking, You didn't need to do this. The guard, of course, immediately saw the drugs and led me in handcuffs to a holding area. It was so humiliating, and I was totally ashamed of what I'd done.

The local cops arrived, put me in a squad car, and drove me through my neighborhood, saying, "You're not going to see this again anytime soon." It was petrifying! Then they brought me back to the police station and called my mom, who screamed at me over the phone. I felt worthless. I was held in juvenile detention for two months (it was so disgusting—I even had to wear used underwear!). Then after I was convicted of smuggling drugs, I was sentenced to four months in prison. I spent every day thinking about how dumb I'd been.

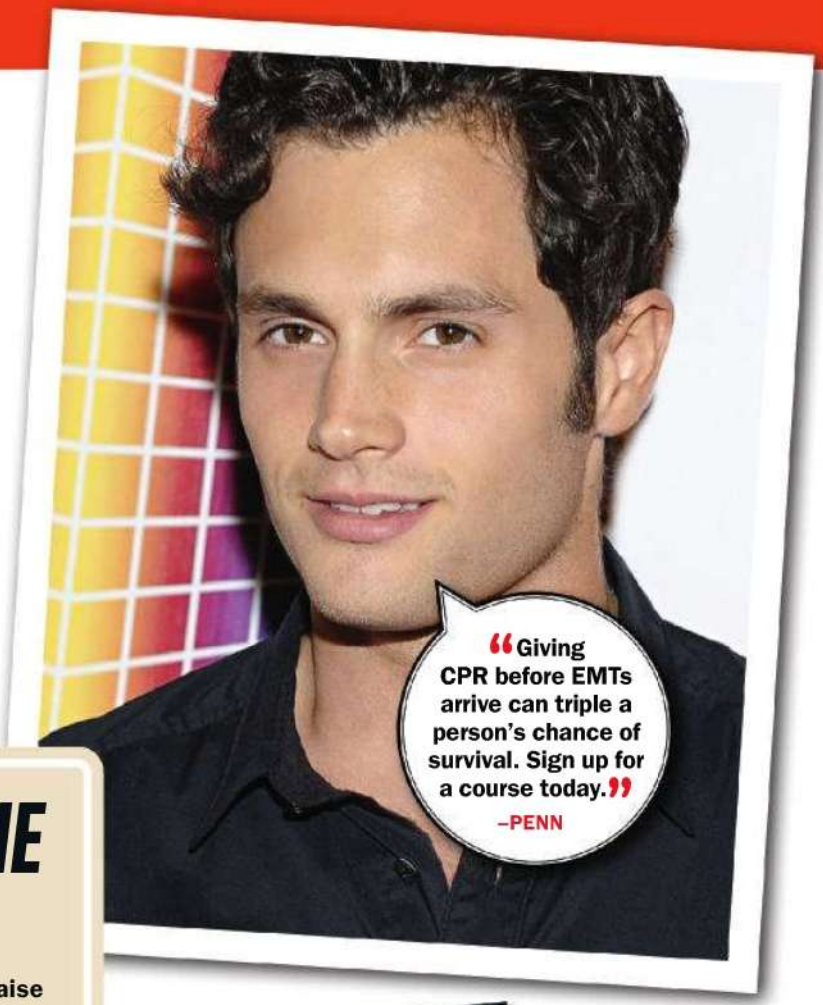
Now I have a felony on my record, which will make it way harder for me to get financial aid for college or a good job someday. The penalties were much worse than Josh and Jake made it sound. I feel betrayed by them—they weren't real friends! I've never spoken to them again, and they left town shortly after I got out of prison. I ruined my life for a crazy thrill. Driving around with my friends and hanging out at the park doesn't seem so boring anymore!

SEVENTEEN.COM Share your wild story at seventeen.com/mylife

Penn Badgley's MISSION:

save a life!

Something as simple as taking a CPR course could make you a hero.



PENN SAYS:

WHY IT MATTERS TO ME

"I first got involved with the American Red Cross right after the earthquake in Haiti—I took calls during a telethon to raise money. It was so great seeing firsthand how many people they helped that I wanted to work with them again. The Red Cross does more than just disaster relief—they also hold blood drives and teach CPR, so *anyone* can respond to an emergency. It's sad that less than a third of people who collapse from heart trouble get the early lifesaving CPR they need, but we can change that by getting trained! Through their classes, the Red Cross makes heroes every day."

make it YOUR mission



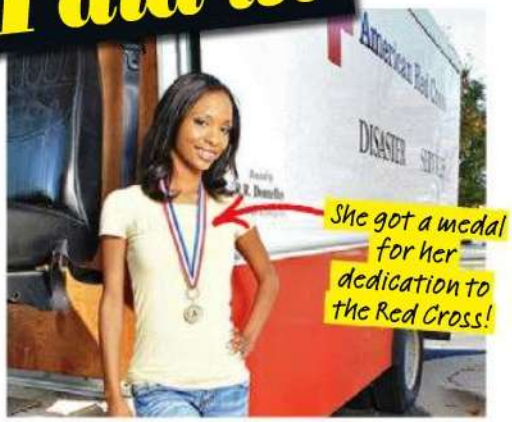
•**SIGN UP:** Go to redcross.org/seventeen to find a 30-minute hands-only Citizen CPR class near you. It costs $15, but the first 1,000 readers to enter the code TrainMe17 will get a voucher to take the class for free!



•**WIN COOL PRIZES!** Rack up points at bethebeat.heart.org (and get sneaky, fun CPR practice!) by taking quizzes and playing games. Then redeem them for ringtones, movie tickets, and more!

17 FYI Fifty-two percent of parents would pay a babysitter *more* if she were Red Cross–trained in CPR, according to a recent national Red Cross survey.

I did it!



"One day I was hanging out with friends when we saw a man lying on the ground unconscious and a woman trying to resuscitate him. Since I had learned CPR through the Red Cross, I knew she was doing it wrong! I stepped in and took over for her. Later, an EMT told me that without my help, the man wouldn't have survived. I was so happy! Saving one life felt so great that I became a CPR instructor, so I can help even more people."

–JAHAN, 21, CHICAGO, IL

BADGLEY: MICHAEL LOCCISANO/GETTY IMAGES. CPR TRAINING PHOTO: JUSTIN SULLIVAN/GETTY IMAGES.

SEVENTEEN.COM Find out where you can volunteer in your town at seventeen.com/volunteer

www.downmagaz.com

chocolates, flowers,

AND THINGS THAT GO

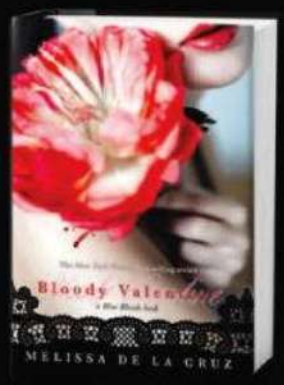
bump in the night.



Talented teen witch meets gorgeous unattainable warlock. Let the hexing begin.



True love attracts them. A supernatural bond connects them. Games could destroy them.



In matters of the heart, even the Blue Bloods vampires are prey.



Dating in high school is complicated…when you're a trained soldier regularly battling the undead!



HYPERION Available wherever books are sold | www.hyperionteens.com

"i was scammed!"

Before you give anyone your hard-earned cash, check out how these girls got duped.



"WE GOT FOOLED BY A FLIRTY GUY!"


Jackie (left) and her friend Lindsey didn't stop a scam in time!

"My friend Lindsey and I were at the mall, when **a cute college guy** tried selling us magazine subscriptions. He kept calling us pretty, and we were so flattered that we filled out his forms and **handed him $40 each.** Then totally out of nowhere, he kissed Lindsey on the lips! That was our signal something major was wrong. We were so weirded out that after he left, we told a security guard. But it was too late. We never got our magazines—and the guy **has our contact info,** which creeps me out when I'm home alone."

–JACKIE, 16, WYCKOFF, NJ

"I WAS A SUCKER FOR THIS CUTE PUPPY!"



"I'd been saving money for a year and a half to buy a **purebred English bulldog** so I could breed him. I found a cute one online and called the lady who had put up the posting. She sounded really nice, so I sent her an **$800 money order for the dog.** The day she was supposed to put the puppy on a plane, she called me and said he had worms and she had to take him to the vet before she could send him. When I contacted her the next day to find out how he was feeling and when he'd arrive, my e-mails bounced back and **her phone was disconnected**! I knew then that I wasn't getting my dog, so I tracked the money order. She'd cashed it! She crushed my dream. I can't believe someone could be so cruel—and that I fell for it!"

–TANA, 19, DILLON, MT

"A 'FRIEND' GAVE ME A FAKE CHECK!"

"A girl I'd worked with for **four years** was back in town visiting when she asked me to stop at a bank. She needed money, and since she didn't have an account in my state, she asked if she could **write me a $350 check** and I'd give her the cash up front. I thought it seemed like an okay trade, but when I deposited her check a few days later, it bounced! At first, I thought it was an accident—she was a good friend! But every time I asked her over the phone or Facebook to pay me back, **she ignored me**! I felt so betrayed. I've since found out that she's scammed others, so I'm pressing charges! You can't let people get away with dirty tricks like that!"

–REBECCA, 21, WALL, NJ



CHECK: NICEMONKEY/ALAMY.

SEVENTEEN.COM Have a story you'd like to share? Tell us at Seventeen.com/truestories.

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sweeps • events • promotions

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Get Ready for Prom 2011 with David's Bridal!



Must-have prom styles starting at $99, in sizes 0-24W! Check us out online to shop the complete collection, get the latest tips and trends, and enter for a chance to **WIN YOUR PROM DRESS***, all at **davidsprom.com**.

*See official rules at davidsprom.com

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Infusium 23



Have better-than-ever hair days every day with expert systems of shampoos, conditioners, and leave-in treatments that replenish and restore hair for peak shine and manageability. With an advanced i-23 Complex of hair-healthy proteins and vitamins, our exclusive technology restructures and helps protect hair.

17 lucky winners will each score a **"Winter Survival" kit** that includes **Infusium 23 products**! Check out **seventeen.com/Infusium23** for your chance to win!

infusium23.com

Infusium23®

NO PURCHASE NECESSARY TO ENTER OR WIN INFUSIUM23 "WINTER SURVIVAL" SWEEPSTAKES. Sponsored by Hearst Communications, Inc. Go online to seventeen.com/Infusium23 to enter. Sweepstakes begins at 12:01 a.m. ET on December 28, 2010 and ends at 11:59 p.m. ET on February 7, 2011. Seventeen (17) winners will receive a "winter survival" kit that includes Infusium23 products, 3 DVDs, $25 pizzeria gift certificate, board game snuggle®, hot chocolate kit, and spa eye mask. Odds of winning will depend upon the total number of eligible entries received. Must be female, 13-24 years old, and a legal resident of the 50 United States or District of Columbia. Void where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/Infusium23.

Jellypop Shoes



Whether paired with your Winter tights or toughing up your Spring dress look—**Jellypop platforms**, style name **"Heritage"**—are sure to be your season's favorites! Available at **Famous Footwear**!

Jellypop Shoes is an inspired collection of spunky free-spirited styles perfect for any Jellypop girl's Winter ensemble!

To see more of your favorite **Jellypop Shoes**—please visit us at **jellypop-shoes.com**!

NYC New York Color



Congratulations to **Jenna**—the **NYC New York Color** "Campus Beauty Scholarship" Sweepstakes winner—on receiving **$5,000** toward a **College Scholarship**!

Make sure to check out **newyorkcolor.com** to see all the must-have makeup essentials that will get you on-campus glam without breaking the bank!

Find us on Facebook

NYC NEW YORK COLOR

Step It Up with Pantene on Facebook!



Find out how ***Seventeen* Beauty Smartie Ingrid** steps it up for winter with **Pantene Pro-V Nature Fusion**. Nature Fusion is made with naturally derived ingredients and helps improve the strength of your hair, so you can achieve the style you want. Check out our **"Step It Up"** tab on **facebook.com/seventeenmagazine**.

PANTENE PRO-V

ProCurl® Lash Curler



Create favorite eye-opening runway effects with **Tweezerman's** luxuriously designed, premium quality lash curler. This breakthrough model is ergonomically crafted with pinch-proof precision to provide exceptionally smooth function for high-fashion lash looks. 3 refill pads included.

Available at **Sephora** and **Sephora.com**.

TWEEZERMAN®
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seventeen A★LIST

we've got your golden ticket!

Share your opinion with *Seventeen* and you could **win amazing prizes** and even be the first to **try hot new products**.

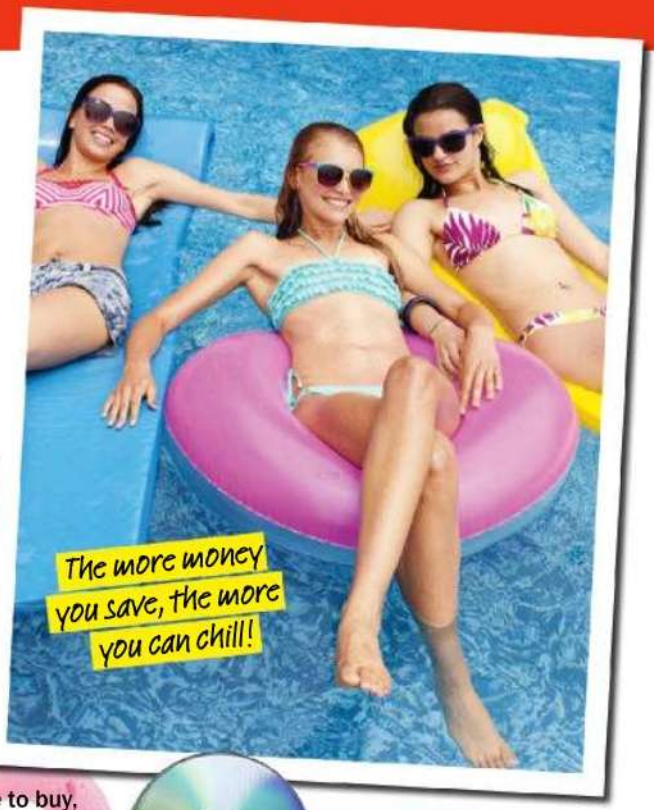
To join, log on to **seventeenalist.com** today!

EASY MONEY

save big for spring break!

Start planning your dream vacay: With these tricks, you can save $280 in the next 28 days.

BY catey hill





your car

Driving to school and back and forth from your friends' houses can burn lots of expensive gas! So before you fill up each week, go to gasbuddy.com. The site tells you which stations near you have the cheapest gas—you can save up to 40 cents a gallon. (That means about $7 per tank!) Plus, if you pass around a "car jar" and ask friends to contribute $5 a week to cover their rides, you'll save even more!

beauty basics

Save on everyday stuff you *have* to buy, like body wash and makeup! Visit couponsherpa.com or download their free iPhone app to get deals like a "Buy 3, Get 2 Free" offer at Bath & Body Works (saving you 24 bucks on fragrance mist, body cream, and more); free samples of mascara at Sephora (an $8 value!); and a $5-off coupon for purchases that are more than $50 at Target.

save up to: $37 this month



save up to: $70 this month

video games

Tired of doing the same old stuff with your friends every Saturday? Then amp up girls' night! Buy new or used games at half.com. You can rock out *and* save a whopping $70 on *DJ Hero* for Xbox 360!



food with friends

Next time you plan a night out, check out restaurant.com, which provides $25 gift cards to lots of places in your town for just $10 each. You'll save $15 a weekend!

cool clothes

Got a stack of gift cards to stores you're just not that into? Go to plasticjungle.com to swap them for cash. The site will send you a check for a chunk of the face value (how much depends on the store). Or get even more value if you swap it for an amazon.com gift card. For example, a $100 Eddie Bauer gift card gets you $62 cash or $65 at Amazon!



Your Monthly Savings: $280



CUTE CELEB $$ TIP!

"Sign up for Facebook, Twitter, and e-mail alerts from your favorite stores! Many will send out blasts when they're having a sale—so you'll be the first to know about it. Right now, I'm following H&M (@hm) and Urban Outfitters (@UrbanOutfitters)."

–MICHELLE TRACHTENBERG



17 EXPERT: **Catey Hill**, the author of *Shoo, Jimmy Choo! The Modern Girl's Guide to Spending Less and Saving More* (Sterling, 2010).

SEVENTEEN.COM Get expert advice for your money questions at seventeen.com/getadvice

MAIN PHOTO: SAYE. GIRL IN CAR: ONDREA BARBE. STILL LIFES: (CHEESEBURGER) ANDREW UNANGST/GETTY IMAGES; (SHAMPOO) J MUCKLE/STUDIO D; (DISC) HOWARD KINGSNORTH/GETTY. TRACHTENBERG: MICHAEL TRAN/FILMMAGIC.

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it's just a kiss! At Hampton University, Freshman 15's Paige gets *very* flirty with her friend Randall.

seventeen's FRESHMAN 15

the rules of college dating

How exactly does the hook-up scene change after high school? The Freshman 15 count the ways.

RULE 1 coffee after class counts as a date



In high school, having an official boyfriend was a big deal, so we'd plan elaborate 'dinner and a movie' dates. But **college is casual**—grabbing coffee after class or watching TV in someone's room is the college version of dating!

-KATIE, UNIVERSITY OF NORTH CAROLINA

RULE 2 don't limit yourself to *on*-campus cuties



Once I danced all night with a local guy I met at an off-campus party, and another time I was shopping when I met a **party promoter** who went to school nearby. Don't get trapped in 'the college bubble'—new guys are everywhere!

-ALIYYAH, UNIVERSITY OF PENNSYLVANIA

RULE 3 always say hi to your hookup the day after



A friend hooked up with a guy on Fri, then on Sat she realized that her seat at the football game was next to his! You **live, work, and party** with the same people—she had to say hi so she wouldn't have to awkwardly avoid him for four years!

-CASI, STANFORD UNIVERSITY

RULE 4 avoid the "down dater" at all costs



Watch out for upperclassmen who **only date freshmen**—they tend to assume you're an easy target. There might be exceptions, but as a general rule, you should run from them like the plague!

-LAURA, APPALACHIAN STATE UNIVERSITY

RULE 5 never assume you're exclusive with a guy



I know a guy who is two-timing girls from completely different social circles. **College is a big place,** so those girls may never know about each other. It's best to assume relationships are open *unless* you discuss otherwise.

-SARITA, COLUMBIA UNIVERSITY

RULE 6 introduce your guy and roomie ASAP



If you like someone, introduce him to your roommate as soon as possible. If she's friends with him too, **she won't care as much** when he drops by your tiny dorm room all the time or sleeps over a few nights a week!

-NOELIA, WESLEYAN UNVERSITY

SEVENTEEN.COM Get your personal college Qs answered by the Freshman 15 at seventeen.com/getadvice

SPECIAL SECTION

WINTER FUN!

Baby, it's cold outside—but we've got tons of warm and fuzzy ideas for you and your friends! BY NEHA GANDHI





cuddle with cocoa!

Tell your guy to meet you at the park with a blanket—then share this minty hot chocolate from the pros at Godiva!

hot cocoa mix
1 crushed candy cane
whipped cream
small candy cane for garnish

Prepare hot cocoa according to the directions on the package, mixing in the crushed candy cane as you stir to melt it all the way. Top with whipped cream and garnish with a small candy cane for an extra minty kick.



make a perfect snowball!

It needs to pack a punch without actually hurting anyone—here's the secret.



"Start with snow that's a little warm—like what's closest to the house. If it's still too cold, lie down in it to heat it up. Then take a double handful of snow and slowly cup your bare hands around it. (Don't press too hard or you might break it!) Avoid wearing mittens because you'll need your fingers to grip and aim!"

–GENEVIEVE, 18, HIGHLAND, MI



SING YOUR HEART OUT!

Channel your inner Rachel and invite a few friends over for *Glee Karaoke*. You can go head-to-head, belting out all your favorite hits from Season 1 (and watch never-aired footage you won't see anywhere else!).



glee karaoke
Glee Karaoke Revolution for Wii, $60, bestbuy.com



Lea Michele

MAIN PHOTO: LARRY BARTHOLOMEW. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.); SNOWBALL FIGHT: DAVID TROOD/GETTY. STILL LIFES: (SNOWBALL) SIEDE PREIS/GETTY IMAGES; (HOT CHOCOLATE) JESUS AYALA/STUDIO D. FOOD STYLIST: SUSAN OTTAVIANO FOR HALLEY RESOURCES. MICHELE: JASON KEMPIN/GETTY IMAGES.

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get inspired!

Spend a lazy Sunday on a fun art project that will help you feel good about dreaming bigger.



"I made an inspiration board of my goals and dreams, fashion looks I love, and places I want to go, like Paris and New York City. Seeing those pictures every day helps me remember that my aspirations *are* achievable!"

–AEYUNG, 20, BETHPAGE, NY



step up the super bowl!

Up the stakes on February 6 by playing End Zone Dance-off: When your team scores, pull out your most amazing moves. At the end, bragging rights go to whoever breaks it down the best, no matter who actually wins the game!

CLEAN UP & DO GOOD!

Make room in your closet for cute spring stuff—and support a great cause! Pull out anything you haven't worn in the past year and donate it to Covenant House (**covenanthouse.org**). They provide shelter, food, and clothes to homeless teens and runaways.

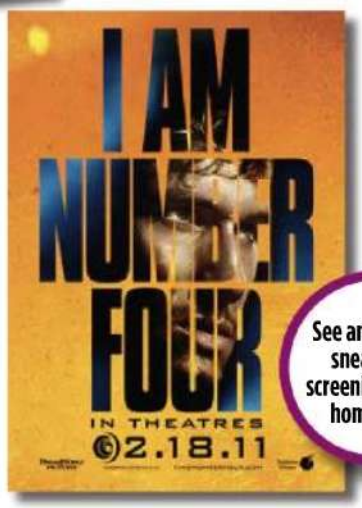


see a cool movie!

See *I Am Number Four* for FREE!



Get excited for a super-hot guy (Alex Pettyfer), one of your favorite Glee girls (Dianna Agron), and some intense on-the-run thrills!



See an exclusive sneak peek screening in your hometown!

***Seventeen* is hosting screenings on February 17, 2011, at 7 P.M. in:**

Boston • Chicago • Dallas • Houston • Los Angeles • Miami
New York • Philadelphia • San Francisco • Washington, D.C.

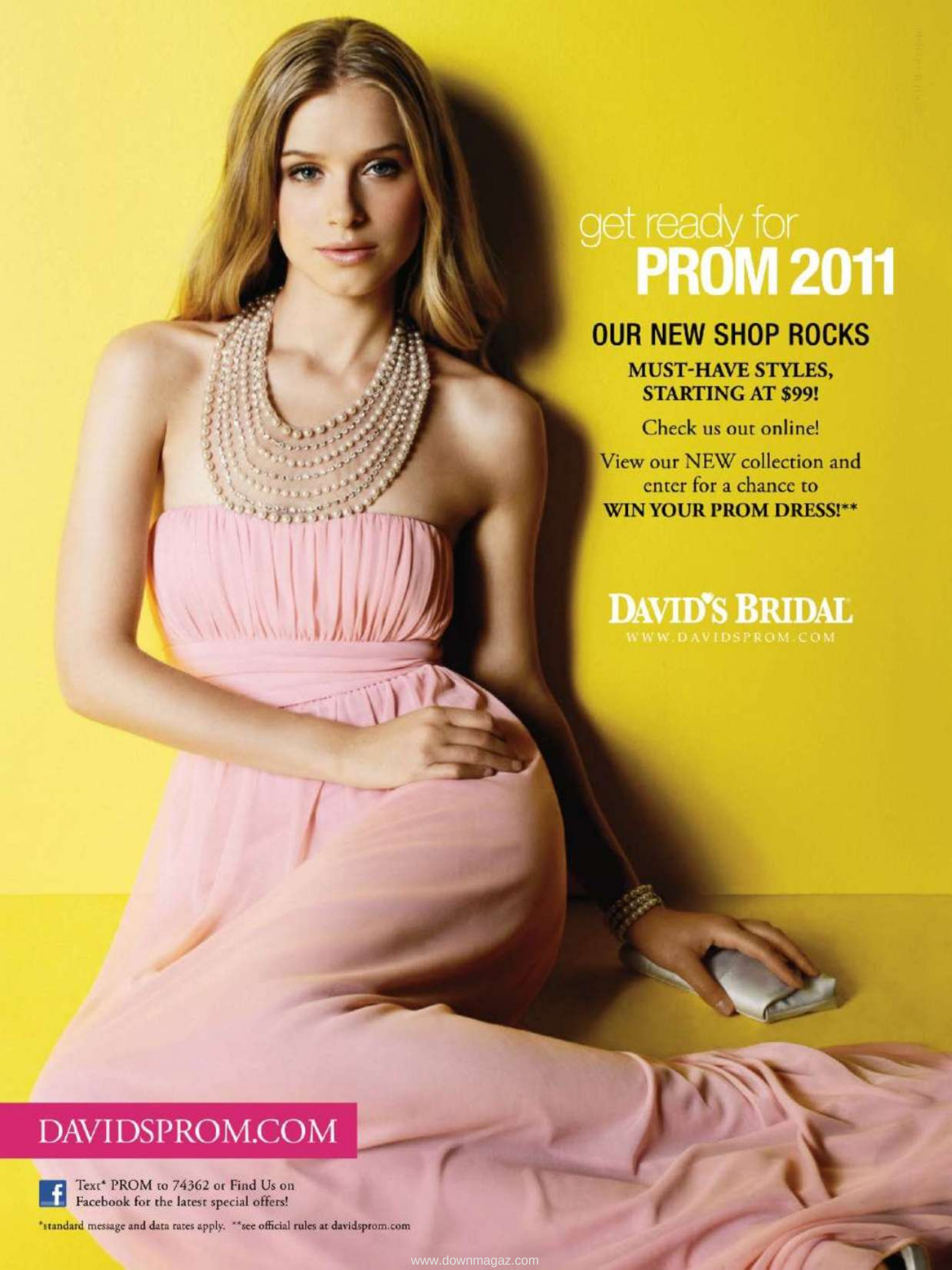
Visit seventeen.com/iamnumberfour starting January 4, 2011, and enter the code chase. But hurry! We're giving away only 100 tickets in each city!

have a yummier treat!



Take your crispy rice treats up a notch with this version from the chefs at Popcorn, Indiana, the makers of Kettlecorn. (They spend all their time dreaming up amazing popcorn recipes!) Kettlecorn + peanut butter + marshmallows = insanely delicious! Get the complete recipe at **seventeen.com/kettlecorn**.

STILL LIFES: (CORKBOARD) IMAGE SOURCE/GETTYIMAGES; (KETTLECORN) TIM DALAL; (JEANS) CHRIS ECKERT/STUDIO D.



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FEBRUARY 2011

seventeen

Love is in the air! And you'll fall hard for pretty new fashion, amazing beauty secrets from around the world, and our latest celeb girl crush, Leighton Meester!

MAIN PHOTO: ANNA PALMA. FASHION STYLIST: SUSAN JOY. HAIR: STACI CHILD AT DEFACTO FOR CUTLER NYC/REDKEN. MAKEUP: NICK BAROSE FOR EXCLUSIVE ARTISTS/FUSION BRANDS. MANICURE: LISA LOGAN AT ARTISTS BY NEXT. ON MODEL: TOP, REBECCA TAYLOR; TANK, LULU'S; SKIRT, GO JANE; NECKLACE, LENORA DAME; SOCKS, LITTLEMISSMATCHED; HIGH-TOPS, VANS.

leighton meester

When you're about to become a major movie star, you don't let a little heartbreak get in your way.

photographs by cliff watts
by carissa rosenberg tozzi

Two years ago, Leighton Meester was on top of the world. *Gossip Girl* was the hottest show on TV—and critics and viewers were in love with her character, Blair Waldorf, the beautiful queen bee of Manhattan's prep-school social scene. Leighton had just moved into a cozy apartment in New York's Chelsea neighborhood, where she could hang out with her girlfriends and bake cookies. Plus she was filling her closet with tons of amazing clothes—she was definitely one to watch on the red carpet. She was happy and having fun—and she told *Seventeen* at that time that she definitely wasn't looking for love.

Then one night, her *Gossip Girl* costar Chace Crawford introduced her to his friend Sebastian Stan, a ridiculously good-looking young actor, and they fell in love. Fast-forward to last spring, and after quietly dating and working together (he booked a recurring role on her show as the devious Carter Baizen), they broke up. It was a major heartbreak that she never talked about—until now. "When you have to resolve not to speak to

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ON LEIGHTON: Jacket, Chris Benz; top and shorts, Milly; earrings, House of Lavande; necklace, Lulu Frost; belt, Streets Ahead; bracelet, Twinkle by Wenlan's Mad Max.

ON LEIGHTON: Top, Charlotte Ronson; skirt, BB Dakota; necklace, Double Happiness; bracelet, Venessa Arizaga; belt, Fendi; heels, Casadei.

I don't want to pursue someone at all—I want someone to pursue me.



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someone anymore—somebody that you see every day—it's like they died," she reveals. But rather than letting heartbreak consume her life, or jumping into a revenge relationship, Leighton healed her broken heart by focusing on the things that made her happy. She found inner peace by practicing yoga five times a week, she's been writing and recording country pop music for fun, and she has a string of high-profile movies about to hit theaters. First, she's getting rave reviews for her role as a rising country pop star alongside Gwyneth Paltrow in the film *Country Strong;* then she's starring as a crazy frenemy in the psychological thriller *The Roommate* with Minka Kelly (in theaters this month); and she just wrapped a star-studded romantic comedy *Monte Carlo* (in theaters July 1). So over a big plate of brownies (her favorite!), Leighton opened up about the absolute joy of being at the top—and the personal sacrifices it sometimes takes to get there.

17: Happy New Year! Did you make any resolutions?

Leighton Meester: I don't make too many resolutions because I know a lot of the time, I'll just break them! But around my birthday in April, I always think, Where am I going to be this time next year? Last year, I didn't know all the things that I would go through in this past year or that I would break up [with Sebastian] or do all these movies. It's funny how much you change every few months. But what's *most* important to me is that I can look back and say that I was content, my family is happy, and that I'm still friends with the same five or six people who I've been friends with for the past ten years.

> "I don't give away my heart too easily. So when you get hurt, it's tough."

17: So friends are a big part of your life?

LM: Yes. I love these friends like my family. I would do anything for them, and they support me and only want the best for me. I tell them I love them all the time. Actually I'm skeptical about new people.

17: Is it hard to make friends on movie sets?

LM: I became really close friends with Katie Cassidy and Selena Gomez when we shot *Monte Carlo*. We talked about *everything*. The three of us would go shopping or go out to eat or just hang out. We were like a girls club—no boys allowed. I like being friends with girls, and they are really funny, smart, and supportive—there was no competition. It's scary going into situations like that—especially when there are three girls—it could have been a completely negative experience, but it wasn't. It was better than I could have hoped for.

17: And Katie just got a role on *Gossip Girl*, right?

LM: Yes! She's on for a while. I'm like, "I'm never letting you go home! I need a friend on set!"

17: You have been on *Gossip Girl* for more than three years. Are you ready to move on?

LM: I love being on the show. I'm thanking God every day that I get to live in New York City and live my dream. This is the best life ever. Before I was doing *Gossip Girl*, I was struggling. I was rolling pennies to get some tacos for 99 cents at the drive-through!

17: How did you make your dreams come true?

LM: I think it's all about creative visualization. I visualized myself living in New York and working here and then *Gossip Girl* happened. When *The Roommate* was coming around, I visualized myself living in L.A. and working there and living there, and it was the same thing with *Monte Carlo*. I visualized myself in Monte Carlo and in Paris, where we shot most of the movie. I really believe in that and I've done it ever since I was a little kid living in Florida. But you can't just visualize and not *do* anything. You *have* to do it.

17: The last time we talked [for your cover in March 2009], having a boyfriend wasn't a priority for you. Do you still feel that way?

LM: Yeah. I'm glad that you're reminding me of that! I would say the same thing today as well. I think that the importance of love is really strong for me in my life, whether it's a guy or a friend or just my puppy. I think

love changes you over time, and whether you have good or bad experiences, you always grow and learn from it. And if I shut love down or didn't let it in, I would just be this really cold, sad person.

17: What are you like when it comes to dating?

LM: I don't want to waste my time. To be honest, I don't want to *pursue* anyone at all—I just want someone to pursue me. Maybe it sounds old-fashioned, but that's just how I feel. I'm really easy to get along with. I like having a friendship with the guy first and if he could put forward a little bit of effort and act interested and I like him, then I'll probably say, "Okay, let's hang out." It's not a lot of pressure or some crazy courting session. I'm not asking him to be this Prince Charming and come on a horse and take me to Camelot. I'm pretty low-maintenance.

17: So how should a guy pursue you?

LM: Just pick up the phone and call. Don't text all these cryptic things and try to mess with my head, because I don't care. I don't play games and I feel like guys play games all the time. If you want to hang out, let's hang out. If you don't, let's not, but let's just cut to the chase. I've only come to this conclusion after having the good *and* the bad. It seems silly because I'm young, but I've gone through my fair share of love and my heart has gone through full and empty times.

17: What have you learned from your past relationships?

LM: You have to feel whole by yourself, and he has to feel the same way too. When you really are in love and he makes you feel happy, when there are no games and you can really trust him, it's easy.

17: Is it hard for you to trust guys? Do you worry about cheating?

LM: I'm not a crazy worrier. I'm not a jealous or dramatic person. I'm pretty trusting unless someone gives me a reason to feel otherwise. Past relationships will give you baggage whether you like it or not, and that can make you be a little less trusting. But if someone is going to cheat on you, they're going to do it anyway. I think trust is an important aspect to love and relationships, but you also need to be secure in yourself.

17: What was it about this relationship with Sebastian that was different than other guys you'd dated?

LM: I've never really liked anybody before. Even when I would date guys, it would sort of be on the surface and it was always a relief when we broke up. I've only had one experience where it was really hard and I was really sad when it ended, but that's what taught me a lot about myself and love and life—and that's good.

> "I'm genuinely a happy person—there's no reason not to be."

17: How do you deal when you know it's going to be hard to break up?

LM: What makes a breakup easier is knowing that you will be better off and eventually your life will be easier because you don't have to stress about the relationship anymore. I think people are in really unhealthy relationships, and you need to just step away. I'm not into drama.

17: How did you get over your broken heart?

LM: I haven't had a lot of relationships, but I've had serious relationships and I don't give away my heart too easily—but when you get hurt, it's tough. It's annoying because it's messy and it consumes your thoughts. But I had to let that go eventually and say it's healthier for me to mourn and to be sad and I didn't fight it. I've heard it takes about half the time you were together to get over it. So if you were in a three year relationship, it'll take you a year and a half to feel 100 percent good again. Maybe my time period is a little accelerated because I'm just a genuinely happy person. I think there's no reason not to be happy.

17: How did you get so confident when it comes to guys and dating?

LM: The security I have is based in my family and their love because we're very loving people. We talk to each other about our feelings. I grew up always hearing "I love you" and always saying it. That's a good way to grow up. And regardless of how crazy anything else can be, I know I have that base of *real* love.

Fashion Stylist: Logan Horne. Hair: Billie Lee. Makeup: Chris Colbeck for Chanel at Art Department. Manicure: Ana-Maria for Onyx Salon & Spa at Artistsbytimothypriano.com.

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ON LEIGHTON: Top, Peter Som; romper, Seneca Rising; top necklace, Missoni; bottom necklace, Peppercotton; bracelets on right arm, from elbow to wrist: Peppercotton and Ted Rossi; bracelets on left arm, from elbow to wrist: Ted Rossi and Venessa Arizaga.



MIDLENGTH SKIRT

skirt
Marc by Marc Jacobs.
vest
Sizes XS–L, Mavi, $98, shopmavi.com.
bandeau
Sizes S–L, Billabong, $24, billabong.com.
cami
Sizes XS–L, Forever 21, $7, Forever 21 stores.
shirt (around waist)
Sizes XS–XXL, Old Navy, $17, oldnavy.com.
bracelets
On right arm, from elbow to wrist: wood and bead bracelet, AMI Clubwear, $10 each, amiclubwear.com; neon cuff, Karen Walker, $60, karenwalker.com; blue and brown bracelets, $32 each, and red bracelet, $37, all Danielle Stevens, daniellestevens.com; gold bracelet, Ettika, $80, ettika.com. On left arm: cuff, Karen Walker, $46, karenwalker.com.
sandals
Sizes 5–10, Sperry Top-Sider, $60, sperrytopsider.com.

LUST LIST

Have a spring fling with these cute new must-haves! You'll wear them so often, they'll be worth the splurge.

PHOTOGRAPHS BY ANNA PALMA

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SPARKLY MINI BAG

bags
Coach, $228 each, coach.com.
t-shirt
Sizes XS–L, Mink Pink, $59, call 805-549-0463 to order.
button-down
Sizes S–XL, Dickies Girl, $16, dickiesgirl.com.
skirt
Sizes XS–L, Forever 21, $16, Forever 21 stores.
bangles (worn as hairbands and on wrist)
Rosena Sammi, $50 for set of six, rosenasammi.com.
glasses
Fred Flare, $11, fredflare.com.
necklace
Pono by Joan Goodman, $165, call 212-299-7777 to order.
thick bracelet
BCBGeneration, $45, bcbgeneration.com.
shoes
Sizes 6–10, Forever 21, $25, Forever 21 stores.

SUPER-FLARE JEANS

jeans
Sizes 24–32, AG Adriano Goldschmied, $159, agjeans.com.
shirt
Sizes S–L, Lulu's, $39, lulus.com.
scarf
ASOS, $16, asos.com.
bracelets
On right arm: gold charm bracelets, Alex & Chloe, $54 each, alexandchloe.com. On left arm: blue cork bangle, Marc by Marc Jacobs, $198, marcjacobs.com; thick gold bracelet, $98, and thin gold bracelet, $68, both Coach, 866-262-2440.
bag
Gap, $40, gap.com.
belt
Jessica Simpson Collection, $34, jessicasimpsoncollection.com.
wedges
Sizes 5–12, Nine West, $99, ninewest.com.

Fashion Stylist: Susan Joy. Hair: Staci Child at Defacto for Cutler NYC/Redken. Makeup: Nick Barose for Exclusive Artists/Fusion Brands. Manicure: Lisa Logan at Artists by Next.

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DESTROYED SWEATER

sweater
Sizes S–L, See by Chloé, $275, Nordstrom.
tank
Sizes XS–L, Forever 21, $4, Forever 21 stores.
jeans
Sizes 24–32, Insight, $83, nastygal.com.
hat
Brixton, $34, lulus.com.
necklace
Alex & Chloe, $64, alexandchloe.com.
bracelets
Spiky bracelet, Forever 21, $6, Forever 21 stores; black bracelet, Alex & Chloe, $40, alexandchloe.com.
boots
Sizes 6–10, BCBGeneration, $169, bcbg.com.

photographs by chris craymer

passport to pretty

Every culture has its secrets—so consider this your beauty boarding pass! Five international models spill their best tricks for you.

by yesenia almonte



defined brows

INDIA

"My mother introduced me to threading when I was in elementary school and I've been doing it ever since—it shapes and defines your brows without thinning them too much! When they start to grow, I tame them with a little brow gel."

–SANA

ON SANA: TANK, MIMI CHICA; NECKLACE, MAYA BRENNER. ON ELOISA: TOP, THE BOX; NECKLACE AND EARRINGS, HELEN FICALORA.

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sweet glow

BRAZIL

"Sugar is a secret weapon for Brazilian girls who want their skin to be radiant 24/7! I make my own mask by mixing sugar, honey, and lime, then I apply it all over my face and leave it on for 20 minutes. It makes my skin brighter, and the honey gives me an amazing glow."

–ELOISA



radiant skin

NORWAY

"The winters in Norway are brutal on my skin. I don't just get red—I get sore! To save my face from the freezing cold weather, I use a thick, rich cold cream. It keeps my skin from cracking. I apply it under *and* over makeup!"

–VIBEKE

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soft lips

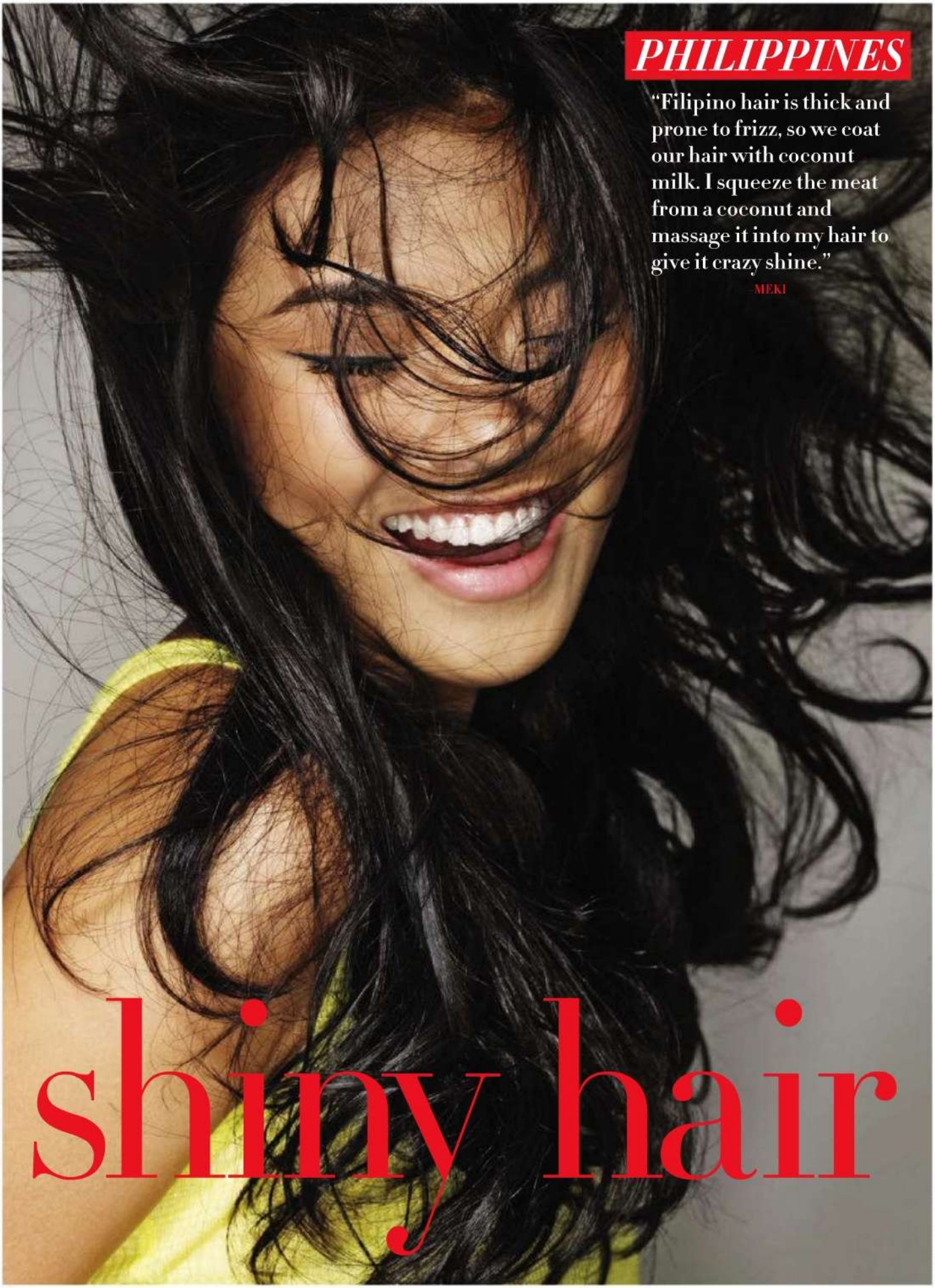


GHANA

"My all-in-one do-it-all is shea butter! I am constantly smoothing it on my lips (and anywhere else I need a little extra moisture!). It's the ultimate hydrator."

SYLVIE

ON VIBEKE: TANK, EZEKIEL. ON SYLVIE: DRESS, LULU'S; EARRINGS, MAYA BRENNER.



PHILIPPINES

"Filipino hair is thick and prone to frizz, so we coat our hair with coconut milk. I squeeze the meat from a coconut and massage it into my hair to give it crazy shine."

MEKI

shiny hair

ON MEKI: TANK, MARKET.

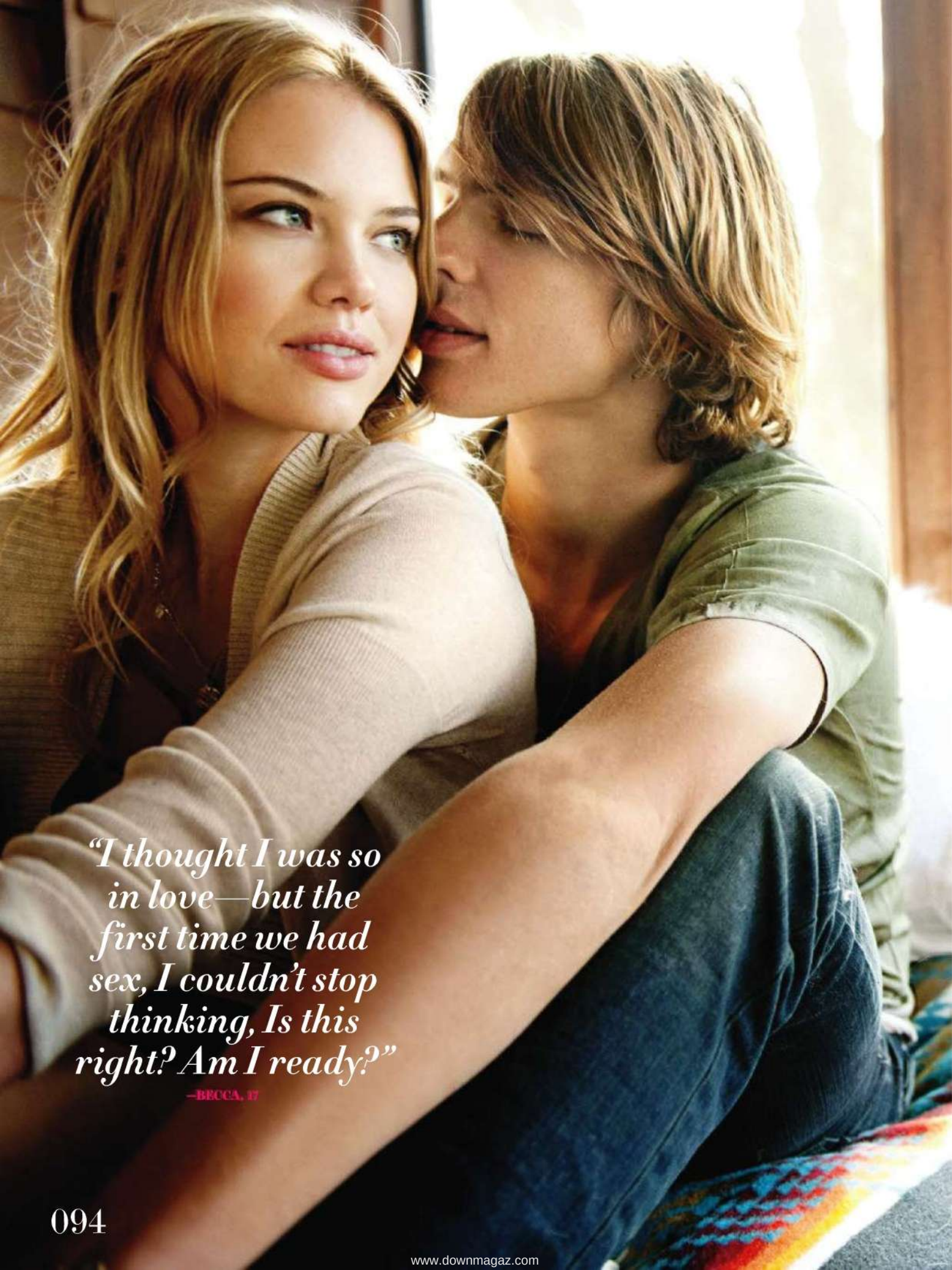
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global market

The best beauty tricks from all over the globe are now within your reach.



Fashion Stylist: Annebet Duvall. Hair: David Cruz for Redken/Cutler NYC at Raybrownpro.com. Makeup: Fabiola Arancibia for Lancôme at The Wall Group. Manicure: Tatyana Molot for Artistsbytimothypriano.com. Still Lifes: J Muckle/Studio D.



"I thought I was so in love—but the first time we had sex, I couldn't stop thinking, Is this right? Am I ready?"

—BECCA, 17

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love & sex secrets

(no one ever tells you)

Everyone is talking about it—yet so much is left unsaid. When your head and your heart are totally confused, let these reader confessions guide you.

BY KIM TRANELL & ELISA BENSON

PHOTOGRAPHS BY ASHLEY BARRETT

You and your friends are talking over cheese fries on a Friday night, and soon enough everyone's swapping stories about how far they've gone and with whom. It's like hooking up is no big deal—it's a race, and no one wants to come in last. Or maybe you're hanging out at home, texting your boyfriend, when your parents suddenly decide that *now* is the time to make sure you know all of the scary consequences of going all the way with him—pregnancy, STDs. All of that sex-talk white noise can be deafening. But while everybody is blabbing about how amazing (or dangerous) sex is, they always seem to leave out what an emotional landmine the whole ordeal can be. When you know what sex *really* feels like—that it can be awkward, confusing, and scary in ways you didn't expect, or thrilling and intimate in ways you can't even describe—it makes you confident in any situation. *Those* are the feelings that affect your heart—and we asked readers to share every raw, honest detail.

(MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) SITTINGS EDITOR: BETSY MULLINIX. HAIR: STACI CHILD AT DEFACTO FOR CUTLER NYC/REDKEN. MAKEUP: KYRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN. PROP STYLIST: CALLIE JENSCHKE. ON HER: SWEATER, DKNY; NECKLACE, HELEN FICALORA. ON HIM: T-SHIRT, DIESEL; JEANS, ARIZONA JEAN CO.

SECRET 1:

even a perfect moment can be awkward

"I first saw him at our school vending machine. He was the cutest guy I'd ever seen! I said hi, and soon we were talking regularly and texting. Then one night—the day before Thanksgiving—we stayed up talking on the phone for hours. It was the longest conversation we'd ever had—we learned so much about each other's lives and families in just one night. Before we finally hung up, he asked me on a date, and of course I said yes. After a couple of months of dating, I realized I loved him.

As we spent more time together, we started hooking up and going further and further—to the point where I knew we were headed toward sex. The idea made me nervous *and* excited. Then one day when we were hanging out, just talking, he told me he had thought a lot about it and he wanted me to be his first. I told him I needed to think about it, too. There was no doubt in my mind that I loved him and that he would always be important to me. Even if we didn't stay together forever, I was ready to take the next step with him.

I had always thought the first time you had sex would be magical and spontaneous and the best moment ever. But really, it took a lot of planning! We had to get condoms, figure out where we would do it, and make sure no one else would be home. Then one day he called me and said his parents were going away for a few hours and that this was our opportunity. When it got down to it, it was kind of a train wreck—neither of us had any idea what to do, so we fumbled around on his bed a lot. And it was physically hard—like exercise! But afterward, he held me, and I felt calm and loved and safe. Then a little later, he admitted, 'I thought I was going to feel *different,* but I don't really'—and I realized his words were exactly what I was thinking at that moment. I had thought that sex would suddenly change our relationship, but really things felt . . . *ordinary*. What made it feel right was knowing how much we loved each other and that we had made a mature decision together to express it.

Sex was a train wreck—neither of us had any idea what to do!

Late that summer, my boyfriend moved 300 miles away for college, and we had to end our relationship. It was hard to say goodbye, but I have no regrets. There's a part of me that will always love him, and I wouldn't have wanted my first experience to be with anyone else." **—STEPHANIE, 17**



be prepared
A casual hookup might feel okay *now,* but after sex, you may feel attached to him.

"WHAT I WISH SOMEONE HAD TOLD ME"

Real girls share their harshest sex lessons—so you don't make the same mistakes.

it won't make him your BF

"When my guy friend pushed me to have sex, I gave in because I liked him and wanted us to be more—but he stopped talking to me after we did it. I was so stupid to think casual sex would turn into a relationship." *–LISA, 19*

it won't mend a broken heart

"After a breakup, I was so sad that I went to a party, got drunk, and had sex with a random guy. I was desperate to feel close to someone. But afterward, I felt even more alone." *–EMILY, 16*

it completely baffles guys, too

"The first time I had sex I was freaked out about doing it right. My boyfriend acted like he knew what he was doing, so I just followed his lead. But later he confessed that he was just as freaked out as I was. Now I know better than to assume that the guy has it all figured out, even if he acts that way." *–KARA, 19*

ON HIM, THIS PAGE: T-SHIRT, AMERICAN EAGLE. ON HER, THIS PAGE: SWEATER, ELAN; JEANS, MAVI; EARRINGS, BETSEY JOHNSON; GOLD NECKLACE, HELEN FICALORA; SILVER NECKLACE, JANE HOLLINGER. ON HIM, OPPOSITE PAGE: T-SHIRT, O'NEILL; LONG SLEEVED SHIRT, ESPRIT. ON HER, OPPOSITE PAGE: FLANNEL, FOREVER 21.

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SECRET 2:

sex means more with the right person

"My girlfriend and I discussed sex for months before we finally decided we were ready. Our relationship wasn't perfect—we fought a lot—but I felt *safe* with her. And we were both curious! So one night when we were at my house, making out in the spare room, she asked if this was the right moment. There was music playing on my TV and the light from the screen gave the room a soft glow. I thought, 'Holy crap—this is about to happen.' Afterward, I was disappointed. It just wasn't as great as I thought it would be. I wondered if maybe I just didn't like sex as much as some people. We continued doing it occasionally even though I wasn't really into it, but it never became a big part of our relationship. Meanwhile, we were fighting more and more. Eventually, we decided to break up.

The more you feel for a person, the more you feel during sex.

Several months later, I met my current girlfriend and fell in love. She makes me laugh, she's totally drama-free, and she just gets me—I've never cared so much for another person. When we started having sex, I couldn't believe how different it felt. Sex was enjoyable and intimate in a way it never was with my ex-girlfriend. I think the more you feel for a person, the more you actually feel during sex—and if it doesn't feel right to you, maybe you're not with the right person." —BUDDIE, 18

SECRET 3:

sex can test a relationship

"One night my boyfriend and I were making out and he asked if I wanted to have sex—we'd never discussed it, and he said I didn't have to if I wasn't ready, but I loved him so much that I said yes right away. I liked how close it made me feel to him. Then a month later, I noticed my period was late, and I called him at 2 A.M. freaking out. 'We'll get through it, baby,' he said, as I bawled. It was a false alarm—we were both so relieved. But after that, he started acting distant. A few days later he called to say things were 'too serious' and he wanted to break up. I cried so hard that I couldn't respond.

I missed him so much that after a few weeks, I texted him and asked him to meet me, alone. I knew it would lead to sex, but I hoped it would remind him how much he loved me. Instead, he completely ignored me after that. I felt used and miserable.

I'd thought sex was bringing us closer, but it drove us apart. Our love wasn't as strong as I thought it was, and the pressure of sex and the pregnancy scare magnified that. If we'd taken the time to discuss how sex might change things, I might have realized sooner that we weren't on the same page—and saved myself from major heartache." —BRITTANY, 16



okay, *now* what?

Your first time (or the first time with someone new) can bring a weird rush of emotions. Here's what might be running through your head:

- ☑ **guilt** It's normal to feel like you've let someone down in your life (like your parents, or a friend with different beliefs), even if you're sure it was the right decision for you.
- ☑ **surprise** You might have such big expectations that the reality (the lack of fireworks, the awkwardness) can leave you feeling a little disappointed.
- ☑ **giddiness** Deciding to take such a huge personal step can make you feel happy and proud of your maturity—like nothing will ever be the same again, in a good way.
- ☑ **sensitivity** Sharing something so major with someone makes you hyperaware when they let you down—like if he forgets to text you, you worry he's about to break up with you.

THE BOTTOM LINE: **Don't brush off your feelings—they're *all* okay. Just pay attention to what you feel good (or uncomfortable) about, then use that knowledge to guide your heart in the future.**



avoid sex regret!

The only way to feel totally confident in your decision is to follow these little rules.

if in doubt, wait You may be scared he'll bail if you don't have sex, but a guy who's worth it won't—he'll want you to feel good about your choice so that you can enjoy the experience.

don't hook up drunk SUI (Sex Under the Influence!) is a sign that you're trying to quiet the inner voice that's saying, Slow down! (That voice will still be there when you sober up, which can make you feel crummy.)

have realistic expectations Don't get hung up on the way you think sex *should* be! It's never exactly like you picture it—and that's part of what makes each time special.

SECRET 4:

"getting it over with" isn't worth it

"By junior year of high school, all my close friends had had sex, and I hated feeling left out when they swapped stories. So one day when I was talking to a guy friend on Facebook and the conversation turned to sex, I told him I wanted to try it. We made a plan to hook up the next day before school.

The next morning, I picked out cute underwear and a matching bra. I was nervous, so I blasted Lil Wayne's 'Bedrock' and a bunch of Gaga songs to pump up my courage. Then I walked over to his house. 'Hey,' he said when he opened the door, leaning in to give me a hug. Instantly, I was flooded with doubt. WTF was I doing?!? But I told myself so snap out of it—I'd already come this far. He led me upstairs to his bedroom, and we sat on his bed and took off our clothes. There was no music playing, so it was silent, which made me feel even more awkward. Then he put on a condom and went inside me. It was very painful—I wasn't expecting that. He kissed me, but he was such a sloppy kisser that it was gross. My mind was a million miles away. I wondered what my friends were doing. I thought, I'd rather be at school—school is better than this. Then his cell phone rang. 'Do you care if I get that?' he asked, even though we were still having sex. 'It's my work.' I wanted to slap him for being so rude, but since I also wanted him to stop, I told him it was fine. When he answered his phone, I got dressed and left. He waved goodbye.

I thought, I'd rather be at school. My mind was a million miles away.

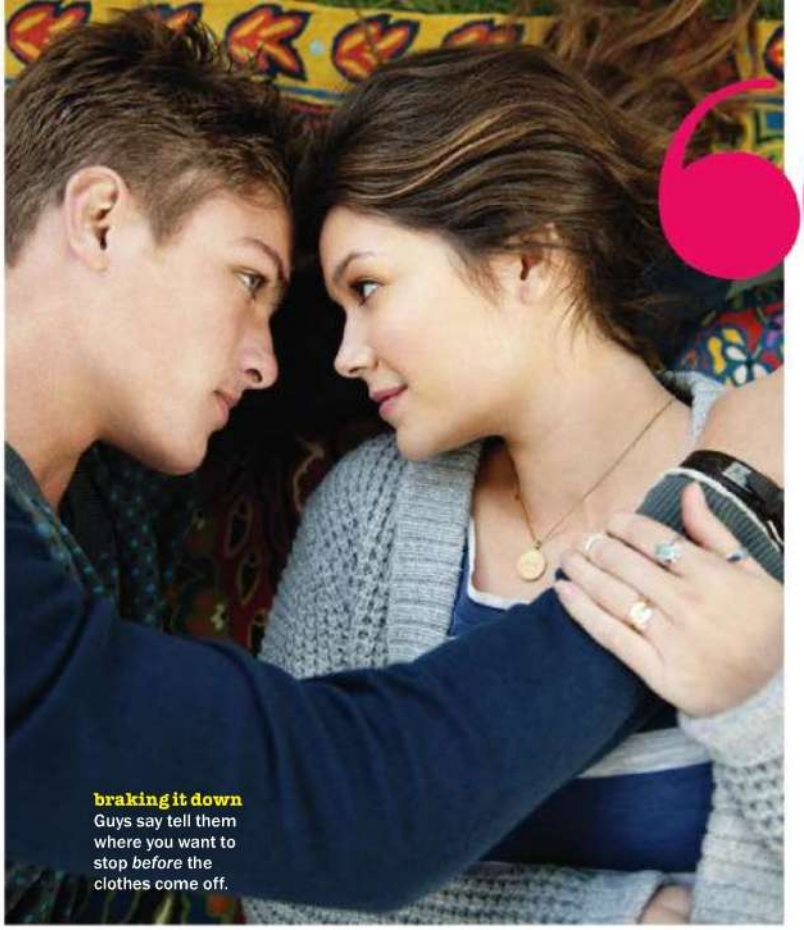
As I walked to school, the reality hit me: I'd lost my virginity to someone I didn't care about at all. I'd been in such a hurry to get sex over with that my experience didn't feel good or special—it was *terrible*.

I used to think it was so cheesy when people said, 'Wait for the right guy,' but now I understand why it's so important. Lying on that bed with a guy I barely knew, wishing I was anywhere else in the world—I wish someone had told me *that* story." —MARLENE, 17



kiss and tell? Intimate moments should stay between you and your partner—not become a story for your friends.

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braking it down
Guys say tell them where you want to stop *before* the clothes come off.

"WHY I'M WAITING"

Yeah, we've said it before: Everyone *isn't* having sex. But don't take *our* word for it.

i don't want to get pregnant

"Several of my friends have had pregnancy scares, and one even has a baby! I'm way too young to be in that position. I hook up with guys, but I know my limits." –*LAURA, 16*

i'm waiting until marriage

"I've been with my boyfriend for over a year, and my friends say we've waited long enough and we should just do it! But I want to look my future husband in the eye and say 'I waited for *you*.' I wear a purity necklace as a reminder." –*LEANNE, 17*

i want to be in love

"I had sex for the first time four years ago, and I regretted it so much that I won't do it again until I'm truly in love. It's never too late to make that promise to yourself." –*LETICIA, 20*

"WHEN I KNEW I'D WAITED LONG ENOUGH..."

I went to church and Catholic school my whole life, so even though I had serious boyfriends, I believed that sex was for marriage. Then in college, I fell deeply in love with my boyfriend. I began to see sex as a natural progression of my relationship, and I knew it would be loving and meaningful with him. I became certain in my heart that I was ready. Our first time was surreal—I knew it was happening, but I couldn't *believe* it. Afterward, I freaked out and cried—I felt like I'd given up a part of my identity. But my boyfriend and I worked through my feelings together, and with time, sex has become a fun and pleasurable part of our relationship. If you ever wonder, 'Am I ready?' you're *not*. When the time is right, you'll feel 100 percent sure. –KELLY, 21

sex promises to keep

These mini pledges will help you protect your heart and stay true to yourself.

I PROMISE TO:

know my boundaries

How far is too far for you? Mull it over *now*, before you find yourself in the middle of a hot and heavy hookup. That way your head will kick in before your *body* takes over.

I PROMISE TO:

speak up if it's moving fast

If you start with how much you like him, it won't make him feel rejected. So say: "Hey, I'm really into you, but let's take our time. It'll be more fun for *both* of us if I'm 100 percent ready."

I PROMISE TO:

always start over

Just because you've had sex once doesn't mean you have to do it again. Treating each new guy and situation as its own will help you feel good about your decision every time.



"AVOID SEX REGRET!" PHOTO: LARRY BARTHOLOMEW. (MODEL USED FOR ILLUSTRATIVE PURPOSES ONLY.) ON HER, OPPOSITE PAGE: SOCKS, HUE. ON HIM, OPPOSITE PAGE: BRACELET, MODEL'S OWN. ON HIM, THIS PAGE, LEFT: SWEATER, PENGUIN. ON HER, THIS PAGE, LEFT: SWEATER, AERIE; SHIRT, AEROPOSTALE; NECKLACE, HELEN FICALORA. ON HIM, THIS PAGE, RIGHT: HOODIE, ALKEMY; BELT, AMERICAN EAGLE OUTFITTERS. ON HER, THIS PAGE, RIGHT: CARDIGAN, OLSENBOYE; SHIRT, I HEART RONSON.

17 EXPERTS: **Julia Saunders, M.Ed.**, a sex educator in Vancouver, BC, Canada (sexloveintelligence.com); **Elizabeth Schroeder, Ed.D, M.S.W.,** executive director of Answer (Sex Ed, Honestly), a national organization dedicated to providing comprehensive sex ed for young people and the adults who teach them.

NEW *RULES OF* SPRING *STYLE*

The secrets to looking fresh and pretty are right here! Use this season's new styling tricks and watch your look bloom.

PHOTOGRAPHS BY ANNE MENKE

www.downmagaz.com



MIX PATTERNS

When every piece is floaty and soft, mismatched prints work sheer magic together.

blouse
Sizes 2–12, Topshop Unique, $180, topshop.com.
tank
Sizes XS–XL, Charlotte Russe, $13, Charlotte Russe stores.
skirt
Sizes XS–XL, Fox, $32, fox-girls.com.
earrings
Betsey Johnson, $35, select Nordstrom.
bracelets
Sequin, $48 each, sequin-nyc.com or call 212-398-7363 to order.
ring
Forever 21, $4 each, forever21.com.



OVERLOAD ON *SPARKLE*

Get your shine on—mix sequins and soft knits for the coziest version of glam you've ever known!

sweater
Sizes XS–L, Forever 21, $23, select Forever 21 stores.
shorts
Sizes XS–XL, O'Neill, $30, shoponeillusa.com.
hat
Roxy, $28, roxy.com.
necklace
Mixit by JCPenney, $23, JCPenney.
bracelet
Urbanog, $12, urbanog.com.

www.downmagaz.com



GO LONG

Maximize your flirtiness—a bold ankle-length floral dress has romance written all over it.

dress
Sizes 2–14, ASOS, $95, asos.com.
flower clips
White flower clip, Ban.do, $35, shopbando.com; pink flower clip, Martine Wester, $60, martinewester.com.
necklace
Urbanog, $16, urbanog.com.
bracelets
Lulu's, $16 for set of 11, lulus.com.
sandals
Sizes 5–12, Nine West, $89, ninewest.com.



LAYER LACE

You can't overdose on sweetness—pile eyelet on top of thin, pretty sheers for a fun vintage-y look.

eyelet top
Sizes XS–L, Forever 21, $15, select Forever 21 stores.
lace tank
Sizes XS–XL, Love on a Hanger, $25, stonyapparel.com.
floral tank
Sizes S–XL, Lily White, $29, dillards.com.
shorts
Sizes 0–11, Billabong, $50, billabong.com.
earrings
Danielle Stevens, $55, daniellestevens.com.
bracelets
From elbow to wrist: pink and purple braided bracelets, Ettika, $24 each, ettika.com; gold and turquoise bangles, Lulu's, $18 for set of nine, lulus.com; beaded fringe bangle, Topshop, $30 each, topshop.com; gold and rhinestone oval bracelets, Make Me Chic, $5 each, makemechic.com.
socks
Hue, $6, hue.com.
shoes
Sizes 5½–11, Wanted, $60, wantedshoes.com.

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ADD SOMETHING COZY

A yummy oversize sweater gives a crisp spring dress a new bohemian life.

sweater
Sizes S–L, RVCA, $99, lulus.com.
dress
Sizes S–L, AMI Clubwear, $29, amiclubwear.com.
necklaces
Turquoise braided chain, Freedom for Topshop, $30, topshop.com; cobweb necklace, Jessica Simpson Collection, $35, jessicasimpsoncollection.com.
ring
Freedom for Topshop, $30, topshop.com.
shoes
Sizes 6–10, Sam Edelman, $170, Bloomingdale's.

Fashion Stylist: Anna Levak for 1plus1mgmt.com. Hair: Frank Rizzieri for Our Session Tools at Raybrownpro.com. Makeup: Christina Reyna for Dior at Raybrownpro.com. Manicure: Ana Maria for Artistsbytimothypriano.com.



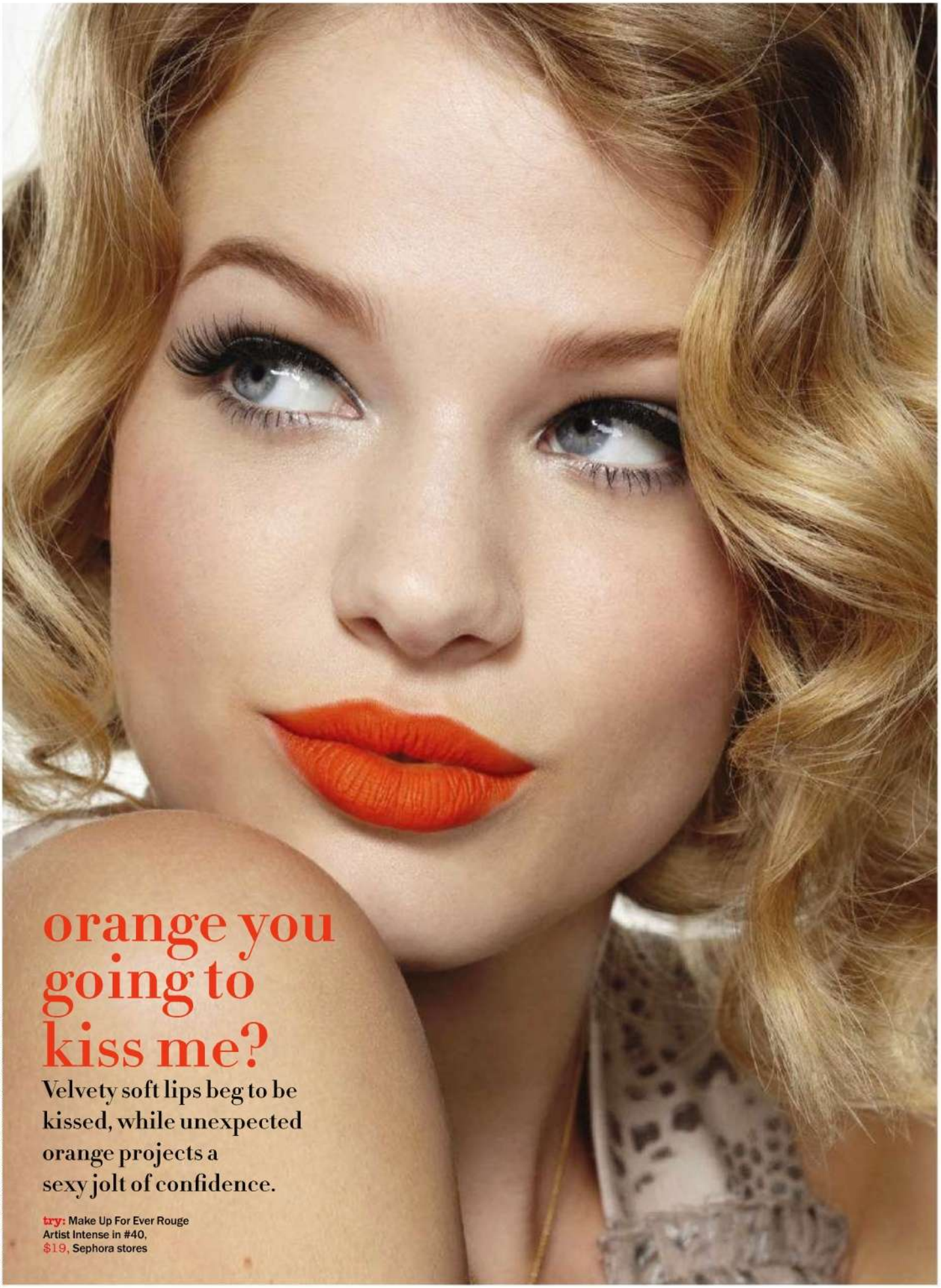
XOXO

This Valentine's Day, let your lips do all the talking. With these hot new products, you won't have to say a word.

photographs by olivia graham

by meredith gray

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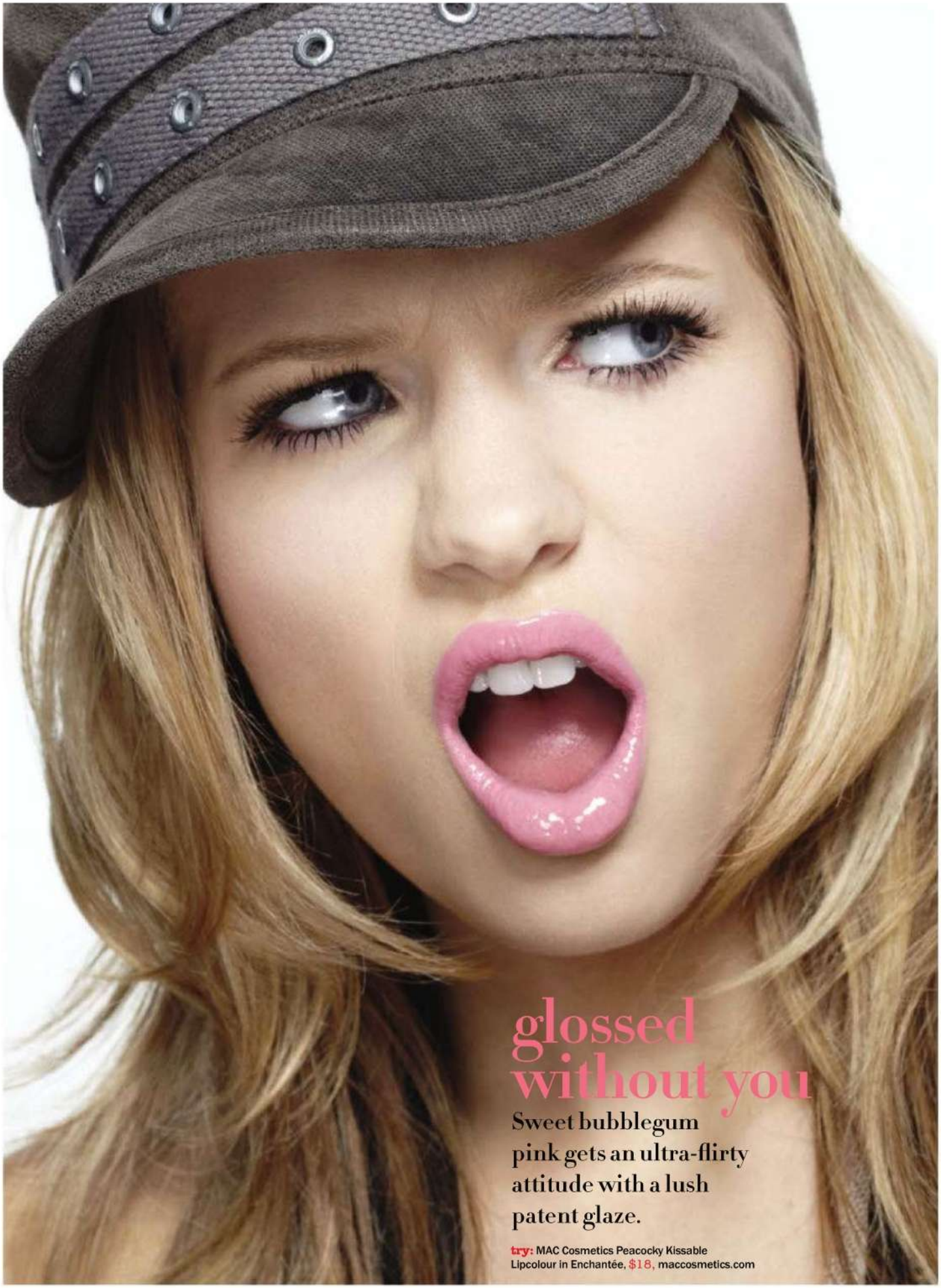


orange you going to kiss me?

Velvety soft lips beg to be kissed, while unexpected orange projects a sexy jolt of confidence.

try: Make Up For Ever Rouge Artist Intense in #40, $19, Sephora stores

ON MODEL: TANK TOP, ARMANI EXCHANGE; NECKLACE, HELEN FICALORA.



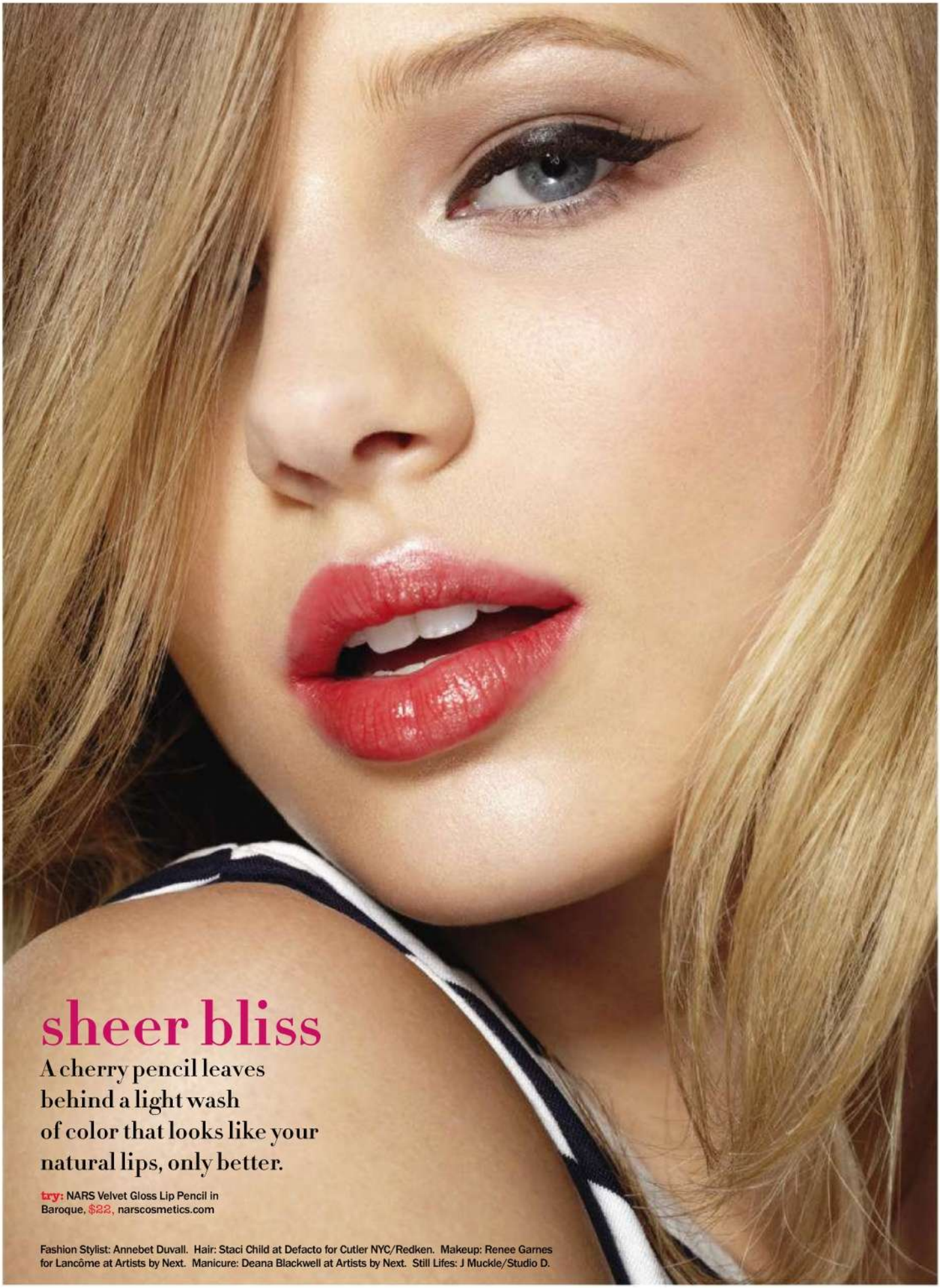
glossed without you

Sweet bubblegum pink gets an ultra-flirty attitude with a lush patent glaze.

try: MAC Cosmetics Peacocky Kissable Lipcolour in Enchantée, $18, maccosmetics.com

ON MODEL: (THIS PAGE) TANK, JCPENNEY; CAP, NY HAT CO.; (OPPOSITE PAGE) TANK TOP, LULU'S.

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sheer bliss

A cherry pencil leaves behind a light wash of color that looks like your natural lips, only better.

try: NARS Velvet Gloss Lip Pencil in Baroque, $22, narscosmetics.com

Fashion Stylist: Annebet Duvall. Hair: Staci Child at Defacto for Cutler NYC/Redken. Makeup: Renee Garnes for Lancôme at Artists by Next. Manicure: Deana Blackwell at Artists by Next. Still Lifes: J Muckle/Studio D.



PHONY PEP TALKS

Alison (right) on *Pretty Little Liars* pretends to be supportive, but she actually puts down her friends.

PHOTOS: (PRETTY LITTLE LIARS) ABC FAMILY/DANNY FELD; (THE ROOMMATE) SONY PICTURES/JAIMIE TRUEBLOOD.

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TOXIC FRIENDS

Lying, manipulative, mean girls are fun to watch on screen. But when your real-life BFF is out to get you, the drama can be destructive.

BY HOLLY C. CORBETT

There's always that one girl who's so fun and confident, you can't *not* like her. She's super-sweet to you and gives you so much attention that you feel special, like she really *gets* you. You have such a great time together that you don't even blink when she suggests doing something daring or even dangerous. You just ignore that gnawing feeling in your stomach that it's wrong and hope you don't get caught. Then one day she cancels on you, and instead of feeling disappointed, you feel weirdly relieved. She's your friend, so of course you're loyal to her, but you also feel pressure around her—like you have to live up to her expectations. You'd never even think of bailing on *her*, because if you did, she'd make you feel so guilty for abandoning her that you'd end up hanging out with her anyway. She has a way of always getting what she wants, and when she doesn't, you've seen that she'll bend the truth or even flat out lie so she comes out on top.

Everyone loves this kind of mean-girl drama on TV or in the movies, but when it happens to you in real life, falling into a toxic friend's trap can leave you feeling intimidated and used.

It happened to Cara*, 18, who was blindsided by her friend Beth*. She told Cara that shoplifting would be a rush—and a fun way to bond. When they got caught, Beth told everyone that it was Cara who had forced her to shoplift! "When she turned on me, I never saw it coming!" says Cara. "I felt so betrayed!"

And the damage can be lasting. Just ask Jane*, 16, whose BFFs insisted that she lose her virginity to be more like them. They set her up with a guy who slept with her—and then stopped texting her the next day. Then *they* stopped talking to her. "That's when I realized it was a cruel game of control. One minute they were my best friends—I hung out with only them—and the next minute, they humiliated me and left me all alone," Jane says. "After that, making—and trusting—new friends was really hard."

No one wants to admit that they're being manipulated—especially by a friend. But when you know the twisted warning signs, you can detox your own life.

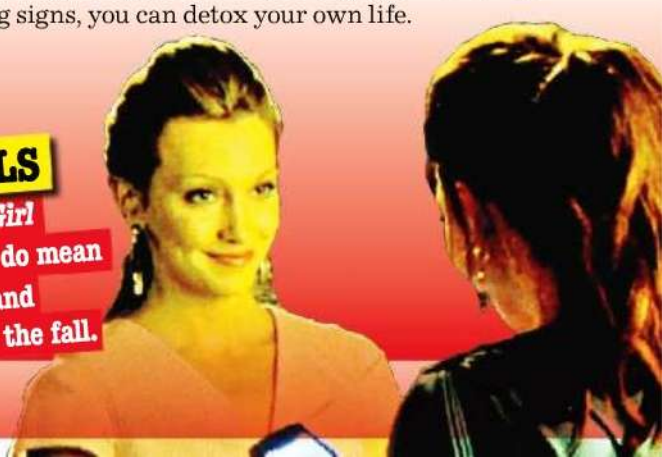
**Name has been changed.*





PSYCHO STALKER FRIENDS

Rebecca (right) is nice to Sara in the beginning of *The Roommate* but then turns evil.



BESTIE BETRAYALS

Juliet on *Gossip Girl* persuades friends to do mean things for her—and then lets them take the fall.

MY BANDMATE GOT ME HOOKED ON METH!



will she bite? On *The Vampire Diaries*, Katherine (right) threatens others to get whatever she wants.

Annie* had always been the toughest girl at school—and I was in awe of her. I was shy and quiet and constantly being picked on. But Annie went out of her way to stop my bullies—I think she liked building up her don't-mess-with-me rep.

We really bonded over music. I played guitar and she sang, so we formed a band with three other friends, where we did a particularly awesome version of "Radioactive" by Kings of Leon. I knew that Annie did meth—but I felt like I could just ignore that part of her. I didn't want to lose her as a friend by making a big deal out of it.

But then the night of our first big show at a local club, I was so nervous that I didn't think I could perform. The band couldn't go on without me. So Annie suggested I do meth with her. **She said: "It'll help your confidence—you'll be able to rock the stage!"** I'd never done drugs before, and it sounded like a huge deal to me, but I couldn't let her down. I caved because I trusted her. Doing meth was a rush. I had so much energy, and my confidence *did* go through the roof. But when I came down, I felt the opposite—horribly itchy and depressed for days.

> ***"When I used drugs, I felt like Annie was proud of me."***

Annie said I played best when I was on drugs, so I should use at practice *and* shows. I was unsure at first, but she's so persuasive. She'd say things like, "It'll be fun! We'll do it together!" So I gave in *again*. Within days, I was hooked and needed to get high to avoid the lows. When I used drugs, I felt like Annie was *proud* of me. I'd ditched my other friends to hang out with her, so I needed her approval. She wanted it to be only the two of us when we hung out. I was flattered—I thought it meant she cared about me.

meth mess Drugs made Brianna even more vulnerable to Annie's manipulation.

Everything was a blur until my friends Chris* and Dave* stepped in. They took away my phone and laptop and hid my drugs. They stayed with me and refused to give my stuff back until I went to rehab.

When I got out a month later, I knew I had to tell Annie that I'd stopped using drugs. I was scared she'd scream at me or stop talking to me or both, so Chris came with me for support. When I told Annie how I'd changed, **she said it'd be easy to replace me—both in the band and as a friend.** I was so hurt that I cried for hours! She was such a major part of my life, so to think that I wouldn't see her anymore was devastating. What made it worse was the way she dropped me without feeling the slightest bit of remorse! I obsessed about what *I* did wrong for days. But finally I understood that being so unsure of myself made me an easy target for someone as manipulative as Annie. True friends don't use your weakness against you—they try to *help* you, like Chris and Dave did for me. I owe them my life, which Annie had tried to ruin. **–BRIANNA*, 17**

IS YOUR FRIEND TOXIC?

These girls didn't realize that their friends were bad drawn into a dangerous friendship? Check yourself

1. Do I feel **guilty** or have any regrets after I hang out with her? ☐ YES ☐ NO
2. Do I **do stuff I normally wouldn't do** when I'm with her (like drink, steal, or lie)? ☐ YES ☐ NO
3. Do I feel **more relieved** than bummed when she cancels plans with me? ☐ YES ☐ NO
4. Does she have **constant drama** and is always dealing with some kind of crisis? ☐ YES ☐ NO
5. Does it seem like she'd **rather hear about the bad stuff** that's going on in my life than the good stuff? ☐ YES ☐ NO
6. Does she ever **pressure me** to do stuff, like hook up with guys or try drugs, then use what I did to convince me to do it again? ☐ YES ☐ NO

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MY BFF PRESSURED ME TO CUT!

Shannon* and I were on the same volleyball team for years. She was always surrounded by other girls, and I never thought I'd be cool enough to be friends with her. But one day after practice, she invited me to a party at her house and we just clicked. We became best friends. And because Shannon was the "it girl," I was popular by association.

I liked being around her because she was a good listener. We'd have heart-to-hearts about whatever was bothering us. My mom had died four years earlier, and I was still having a really hard time dealing with it. **Shannon had depression and said cutting helped her get her stress out. She called it the "bad-ass" way to deal with problems,** because most people don't have the guts to do it. She said, "Cutting will help you cope—and make others think we're cool." I'd never done it, and I was nervous, but she said it wouldn't hurt, so I tried it.

It did hurt—a lot—but Shannon was so happy for me. She said I was the only person who understood her. From then on, when one of us would cut, we'd call each other to compare stories—it was a ritual that made us feel even closer.

But slowly I became disgusted with the person I was turning into—a follower who still felt sad all the time. **My problems (like missing my mom) weren't disappearing.** In fact, I had *more* problems because cutting left ugly scars on my arms and legs. Shannon and I spent so much time hurting ourselves that we lost friends, and I felt even more alone.

After I started cutting, I heard about someone who committed suicide that way. I realized that cutting wasn't cool or bad-ass at all—it was gross, painful, and dangerous! So I stopped cutting and started hanging out with a new group. It drove Shannon crazy. When she found out I'd invited them over without her, she was furious. She told me I'd be nothing without her, which made me feel empty inside. But it's been a few months since we stopped hanging out. She still makes rude comments sometimes, but I'm much happier now. I realize that I did share a bond with Shannon, but it was a sick and twisted one. She only convinced me to cut with her so she'd feel better about herself—I wish I'd seen how bitchy and selfish she really was from the start. **–VANESSA*, 17**

*Name has been changed.

PHOTO: (THE VAMPIRE DIARIES) BOB MAHONEY/THE CW. STILL LIFE: (METH) MIKAEL KARLSSON/ALAMY.

for them until it was too late. Are you being with these questions!

7. Do I feel like she always has to **be in control** of what we do and who we hang with? ☐ YES ☐ NO
8. Do I ever get an **"uh-oh" feeling** in the pit of my stomach whenever she begs me to do something risky? ☐ YES ☐ NO



I WAS THE TOXIC FRIEND!

Liz had always been really good at making friends fast. Keeping them, however, was a whole different story.

"I wasn't always nice to people. I used to like to call all the shots, so **I pressured friends into lying to their parents, persuaded them to sneak out of the house at night to hang out on the street with kids doing drugs,** and encouraged them to steal money from their parents to buy stuff like alcohol. I'd talk about them behind their backs and then blame someone else, saying: 'Maybe Dana is spreading those rumors. She did give you a dirty look yesterday. . . .' I felt powerful.

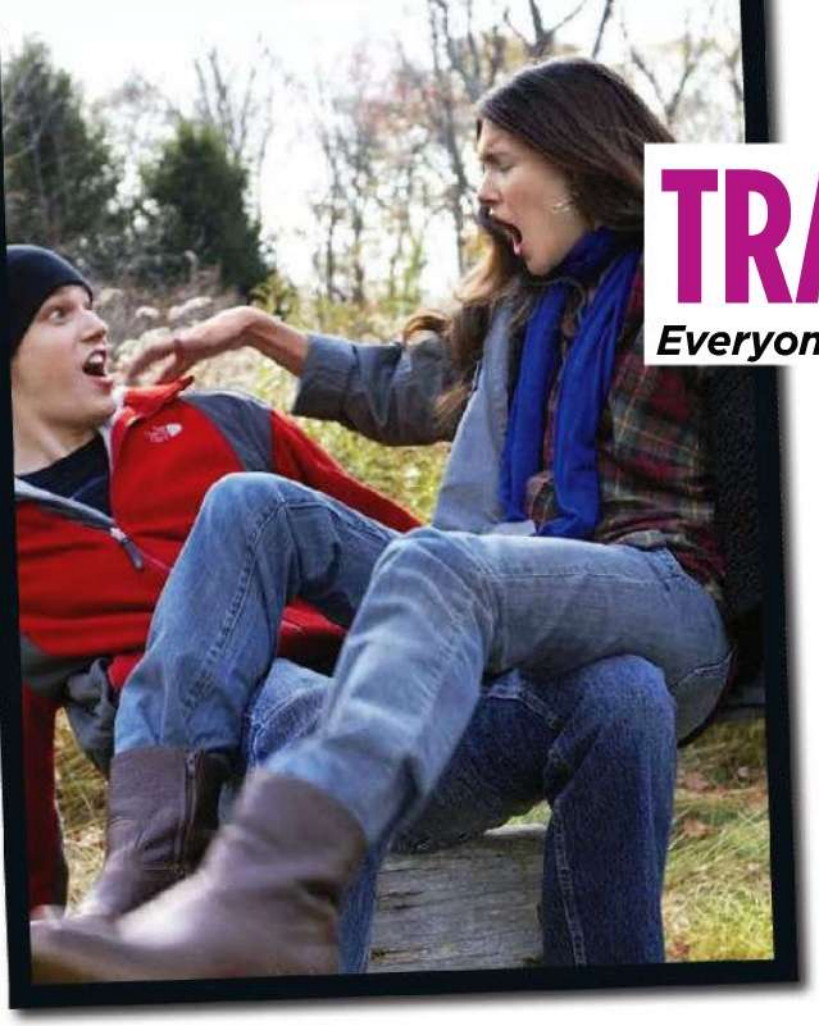
I acted like this for years! **I lost friends, but it didn't bother me,** because I'd make new friends quickly and keep doing the same terrible stuff. But something happened when I met a girl named Kaylene. She treated me with respect. I wish I could say I did the same for her. I lied to her and said that people were saying hurtful things about her. **I wanted to have control so she'd feel insecure and do whatever I wanted.**

Even though I hurt her over and over, Kaylene surprised me. Instead of dropping me, she asked me if I wanted to talk about why I did what I did. She made me realize that being manipulative is wrong.

Getting over the temptation to be mean was hard at first. But Kaylene would check in with me a lot. **I began to see how I got addicted to being in charge.** We're so much closer now that she trusts me. I like the feeling of people thinking I'm a good person more than I like feeling superior. It took an amazing friend to show me how to be a good one."

–ELIZABETH, 17

17 EXPERTS: **Andrea Lavinthal,** coauthor of *Friend or Frenemy?* (HarperCollins, 2008); **SunHawk Adolescent Recovery Center; Aspen Education Group.**



TRAUMARAMA!

***Everyone* has had humiliating moments.**

facebook-fail

"I was Facebook creeping on this guy I like. I typed his name into the search box, only to realize later that I had actually typed it into my *status*. Um, yeah, *everyone* saw before I could delete it."

best foot forward

"My BF invited me to **dinner** at a fancy restaurant with his **parents.** It was my first time **meeting** them, so I really wanted them to like me! While we were eating, I **decided** to be flirty by rubbing my foot on my BF's **ankle.** But when I did, his *dad* jumped—I'd **accidentally** rubbed his father's leg! His parents gave me dirty looks all evening."

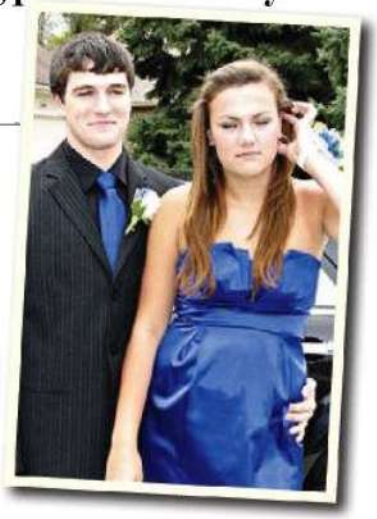


TOTALLY DITCHED

"My **crush** asked me to drive him home from school one rainy afternoon, and I was really excited. When we got to his place, he said a flirty goodbye and got out of the car. I started **backing** out of his driveway, and I saw him motioning at me, so I waved back—then felt a bump and realized I had driven into a **ditch.** On top of that, **mud** started flying everywhere! The car was totally covered in brown gunk by the time I got out of there, and his whole **family** was in the window **laughing** at me."

picture-perfect

"All my relatives received this winning homecoming photo from my parents! A night I'll never forget—mostly because I'll never live down this awful shot!"



slip and slide

"I was sitting far up in the bleachers, trying to stay out of the way while my friend finished gym class. When her class wrapped up, I got up quietly to meet her . . . but tripped over my bookbag strap. I screamed, went flying all the way down the bleachers, and landed flat on my butt in front of *everyone.* So much for fading into the background!"

SEVENTEEN.COM Read new traumas and submit yours at seventeen.com/dailytrauma

MAIN PHOTO: AARON WARKOV. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) STILL LIFE: (FEET) MATTHEW ANTROBUS/GETTY IMAGES.

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doggone it

I was at a big dinner with a bunch of my extended family. Halfway through the meal, I had major gas, so I figured I would fart and just blame it on my aunt's dog. I pooted, and when my cousin yelled out, 'Who farted?' I said, matter-of-factly, 'It was the dog!' As it happened, the dog was in the *other room.* They gave me the nickname Tooterina.



SHATTERED DREAMS

I always pass my **crush's** house on the way to my BFF's. One day, he opened the window to say hi while I was walking by. I **flirtily** told him I sometimes threw pebbles at his window. He thought it was **funny** and asked me to throw one right *then*. So I did—but I was **nervous** and picked up a really big rock instead. I cracked his window and had to **apologize** to his parents! I'll stick to texting next time.

high scorer

"I was at school early one morning and noticed a cute guy in the hall. I was so excited—a new student! I introduced myself and flirted *a lot.* Turned out, he was new, but he was a teacher! And guess who had him first period? *Me.* Ugh."

CLASS PET

We had a day in school where **students** could bring in small **animals.** This one girl brought in her **dog**—it was the cutest! We were all at our desks, when I felt something wet on my leg. At first I thought it was sweat because it was so hot in the **room.** Then I heard giggling and looked down: The dog was **under** my desk and *peeing on my leg*! I smelled so bad that I was sent home to change. I always **thought** I was a cat person. Now I *know* I am!





not-so-blind date

"I had just **broken** up with my BF from another school, and griped about it to this new girl in my class. She told me she had the perfect guy to **set** me up with—her BF's friend. When we all met at the **movies,** I came face-to-face with this **'cute guy'**: *my ex*! It was the most awkward blind **date** in history!"

ripping it up

I was doing my best moves at a school dance when my too-tight pants split down the center of my butt! What's worse: No one was allowed into the locker room, so I had to *show* the chaperones to be let out to change. Beyond mortifying!

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HOW TO PARTICIPATE IN THE HEAT RUSH GIVEAWAY (page 12): Beginning January 15, 2011, bring the cover of the February 2011 issue of *Seventeen*, a printout of the **seventeen.com** homepage, or your iPad with the *Seventeen* February 2011 issue app to any participating Macy's store to receive your free gift, a deluxe sample of Beyoncé Heat Rush Eau de Toilette. Go to **seventeen.com/heatrush** for a list of participating stores. Ten-thousand (10,000) gifts will be given away. One per person. Giveaway ends February 15, 2011, or while supplies last. Once all fragrance samples are distributed, there will be no substitute product given away.

HOW TO PARTICIPATE IN THE BEST BEAUTY BUYS PRODUCT GIVEAWAY (page 46): Beginning at 12:01 A.M. ET, on Tuesday, January 4, 2011 through 11:59 P.M. ET, on January 31, 2011, reply back via Twitter to **@seventeenmag** and tell us about the product you most want on the "Best Beauty Buys" page, using the hashtag #17beauty. All names that tweet will be entered in to win one of two packages of all the products on the page. Profiles must be public to enter. Odds of winning will depend upon the total number of eligible entries received. Must be between 13 and 29 years of age and a resident of the 50 United States or District of Columbia. Void where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/rules**.

HOW TO PARTICIPATE IN THE *I AM NUMBER FOUR* SCREENING GIVEAWAY (page 75): Beginning at 12:01 A.M. ET, January 4, 2011, go to **seventeen.com/iamnumberfour**, follow the on-screen directions, and enter the code "chase" to print out a screening pass allowing you and a guest a chance to attend a free screening of *I Am Number Four* at participating theaters on February 17, 2011, at 7 P.M., local time. There will be fifty (50) screening passes available at each participating theater location. Each pass will admit two (2) people to the free screening. Each free screening is open only to US legal residents who are 13 to 29 years of age at the time of entry in the following cities: Boston, MA; Chicago, IL; Dallas, TX; Houston, TX; Los Angeles, CA; Miami, FL; New York, NY; Philadelphia, PA; San Francisco, CA; Washington, D.C. Transportation to and from screening not provided. Void in Puerto Rico, all US Territories, and Possessions, and all Overseas Military Installations and where prohibited by law. For complete Official Rules, go to **seventeen.com/iamnumberfour**. *I Am Number Four* © 2010 Walt Disney Studios.

Sweepstakes Rules

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HOW TO ENTER THE FEBRUARY DAILY FREEBIES (page 8): Complete and submit the online entry form at **seventeen.com/freebies** beginning at 12:01 A.M. ET, February 1, 2011, through 11:59 P.M. ET, February 28, 2011. Daily sweepstakes will be held each day starting at 12:00 A.M. ET and ending at 11:59 P.M. ET each day for 28 days. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

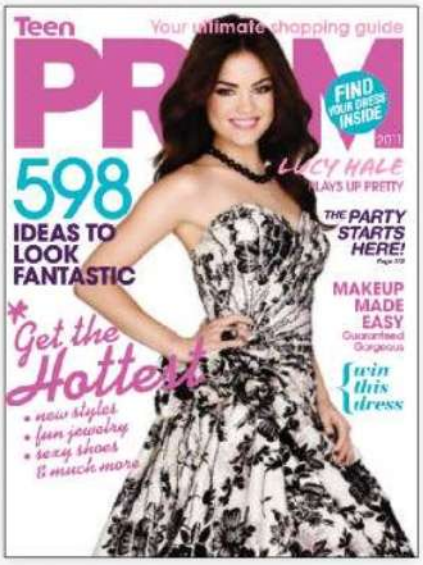
HOW TO ENTER THE FEBRUARY ALL ACCESS SWEEPSTAKES (page 54): Go to **seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, December 28, 2010, through 11:59 P.M. ET, February 7, 2011. One (1) winner will receive a Savasa Fitness Towel (approximate retail value: $20), a Savasa Yoga Strap (approximate retail value: $7), a Savasa Lotus Print Mat Carrier (approximate retail value: $10), a Savasa Cork Block (approximate retail value: $17), a Savasa Comfort Yoga Mat (approximate retail value: $40), an Adidas Harmony Yoga Pant (approximate retail value: $40), an Adidas Harmony Yoga Tank (approximate retail value: $38), and a Polar Water Bottle (approximate retail value: $10) from Sports Authority. Total approximate retail value for all prizes awarded: $182. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES (page 115): Go to **survey.seventeen.com** and complete and submit the entry form pursuant to the on-screen instructions beginning at 12:01 A.M. ET, January 1, 2011, through 11:59 P.M. ET, December 31, 2011. One (1) winner will receive a $500 American Express Gift Card, and five (5) winners will receive a $100 American Express Gift Card. Sweepstakes subject to complete Official Rules available at **survey.seventeen.com**.

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aquarius

FEBRUARY HOROSCOPES

by sally brompton

aquarius

Jan 20–Feb 18

You've been trading texts with a few guys at school, and though it's been fun, you haven't found the soul connection you've been craving. But on the 20th, Mercury will introduce you to a smartie who cares just as much as you do about the deep stuff in life. This one could be your perfect match, so definitely get to know him!

pisces

Feb 19–Mar 20

You're the most sensitive sign of the zodiac, so one careless word can *really* get under your skin. When the moon is full on the 18th, someone in your family may say something hurtful without meaning to. Luckily your best friend will be around to help you put everything in perspective. You'll feel way better after calling her!

aries

Mar 21–Apr 19

Your legendary leadership qualities will be in hot demand on the 4th when the sun links up with Mars, your super-motivated ruler. Whether you're working on a school project or planning a big social event, everyone will be thrilled to let you take charge. Just don't work so hard that you're too tired to *party* hard!

taurus

Apr 20–May 20

Taurus girls have incredible focus, so when you like a guy, it's hard not to think about him 24/7! Early this month, Pluto and love planet Venus will conspire to turn your latest crush into a full-blown *obsession*. The best way to keep your mind off him is to make lots of plans: Your close-knit crew will be psyched to help!

gemini

May 21–Jun 20

Gems have a knack for networking, so it's no surprise your Facebook friends list is off the charts. On the 17th, Neptune will encourage you to tap your popularity for a good cause, and you'll get a great idea for a fund-raising event at school. If anyone can persuade people to help (and make sure they have a fun time doing it), it's you!

cancer

Jun 21–Jul 22

You're such a good listener that your girls always turn to you when they need to talk. But when it's *you* who's stressing out, you keep your feelings bottled up. On the 18th, the stars will urge you to confide in a friend about a guy prob that's been bothering you for a long time. She'll be the sympathetic ear you need.

leo

Jul 23–Aug 22

On the 6th, Venus and Jupiter will suddenly make you fall head over heels for a new cutie at school. Getting guys to notice you is rarely your problem, but competition for this hottie will be fierce. You might actually have to put in a little effort. On the bright side, sharpening your flirting skills will be so much fun!

virgo

Aug 23–Sep 22

Sticking to a workout routine during the winter is tough, even for a go-getting Virgo! But on the 3rd, the new moon urges you to plan a spring break trip, and dreams of the beach will inspire you and your girls to begin working out. If you start now, you'll have tons of energy for an adventure-filled vacay in March!

libra

Sep 23–Oct 22

It will be a hectic month for Libras! The bummer-ish news first: When the sun switches signs on the 19th, you may need to put in extra hours at your part-time job. The good news? Working extra shifts means having cash on hand for the cool stuff your friends have lined up on the nights when you *can* hang out!

scorpio

Oct 23–Nov 21

You're known for your style, Scorpio, and in February, Pluto will make sure you look amazing every day. Girls at school will be rushing to the mall to copy your style, and on the 26th, you'll have a wicked urge to wear something *really* edgy just to see if they'll follow your lead. Get ready to start a hot new trend!

sagittarius

Nov 22–Dec 21

Lately you and a close friend have been out of synch, squabbling over the tiniest things. But when Mars and Mercury link up on the 20th, someone will badmouth her, and you'll instantly jump to her defense. She'll realize then that no matter what else happens, you'll always support her. Friendship: back on track!

capricorn

Dec 22–Jan 19

When your two BFFs have a blowout at the start of the month, you'll be caught in the middle—*not* your favorite place to be. Luckily, Venus will move into your sign on the 4th, boosting your peacemaking power. By the 12th, you'll have them talking again, so plan a girls' night out to celebrate the truce!

= girl talk = fun parties = hot guys = crazy drama = instant stardom

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